

EPISODE 6



EXTROVERT

VS



INTROVERT

WHO'S MORE CONFIDENT?

Introvert Definition LouiseAnneMaurice.Com

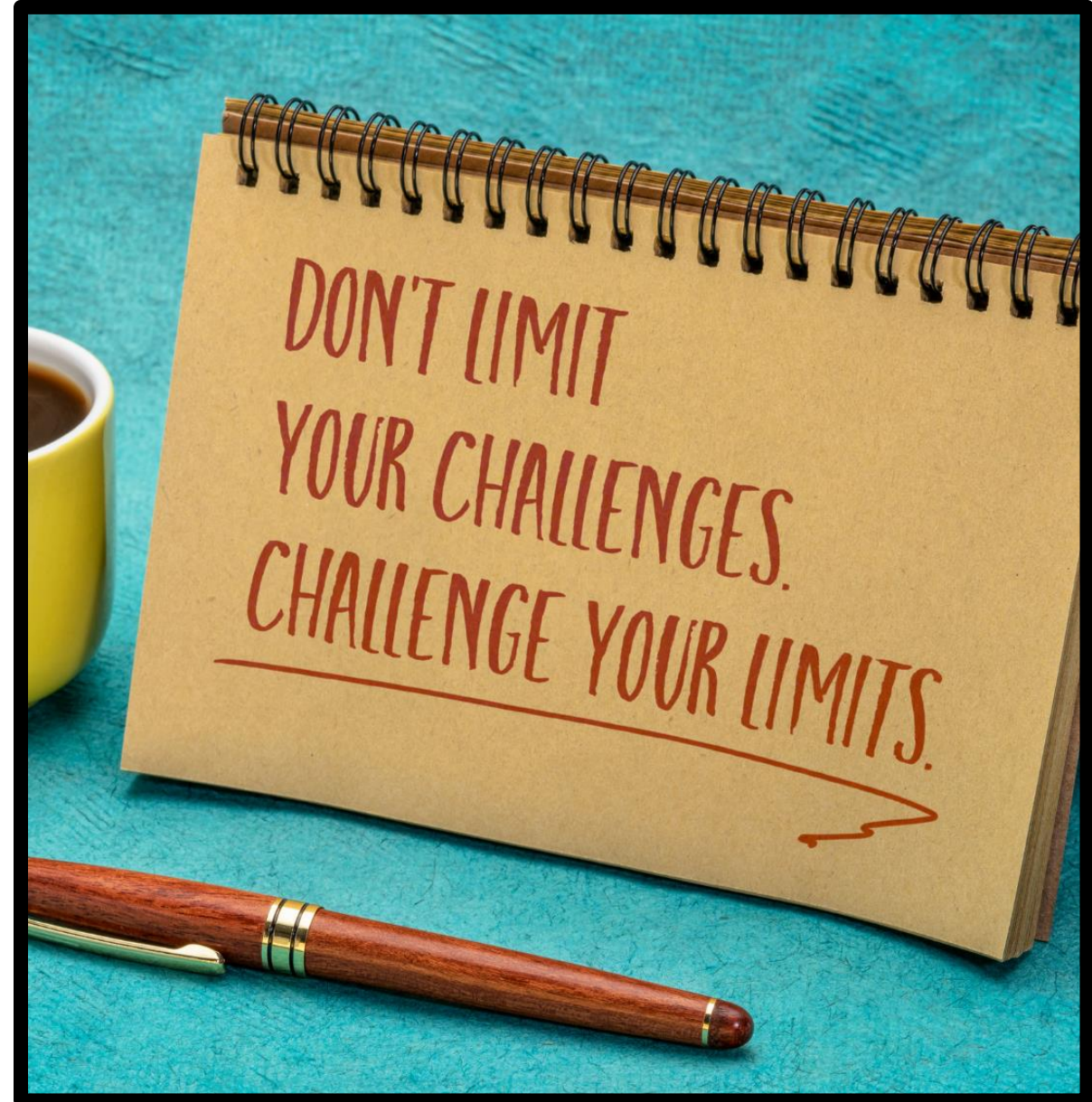
<https://www.merriam-webster.com/dictionary/introvert>

- a person whose personality is characterized by **introversion**
- a typically reserved or quiet person who tends to be **introspective** and enjoys spending time alone
- to **turn inward** or in upon oneself



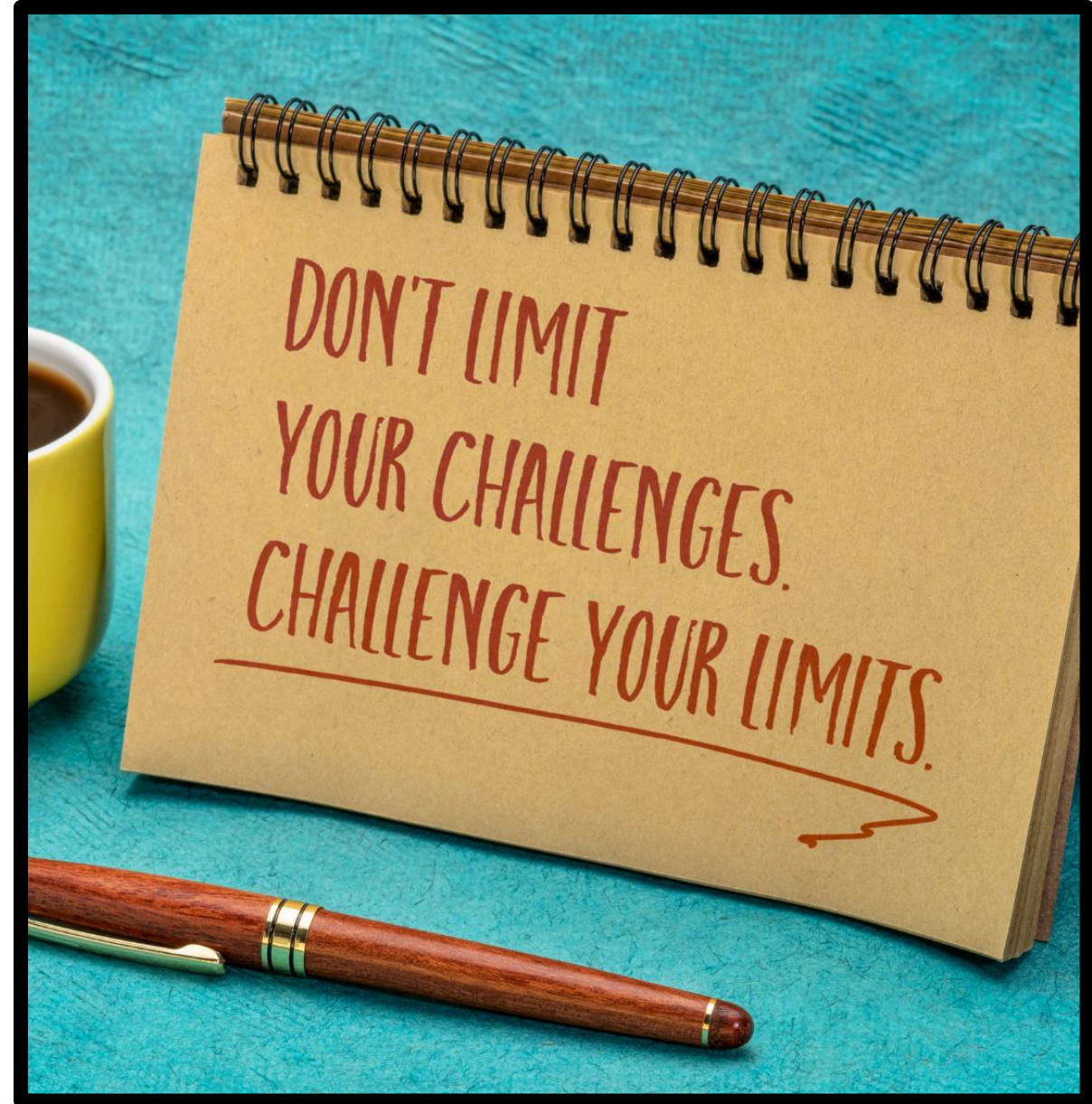
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1. What are [[listen to the podcast to fill-in-the-blanks for the first 5 questions](#)]?
2. How do you
3. What are
4. How do you
5. How do you



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6. **How do you set and pursue your goals?**
7. **How do you overcome obstacles and setbacks?**
8. **How do you stretch yourself and step out of your comfort zone?**
9. **How do you manage your fears and doubts?**
10. **How do you find and connect with like-minded people? How do you build and maintain meaningful relationships?**



Take Empowered Meaning a step further. Learn more about [Professional Life Coaching](#).

- “A lot more detailed than other courses and I appreciate the thoughtful approach thus far. Getting further into the practicums, the advice is practical and very clear. Simplicity is underestimated and this is a very simply put training. It applies to my natural style very easily which very naturally aligns to what I know Life Coaching as.”



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In Life

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Free Training



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