



Creating a Positive Pleasing Personality.

As you will have already realised, to get the most out of life, you will need to be able to get along with people. This means that others will like you and want to do things for you.

Your personality is your attitude in action.

When you get along with people it is because they find your personality positive and pleasing. How can we create a positive personality? Here are a few tips:

1. To make and keep a friend, Be a friend; be friendly.
2. Think what type of person you would like to have as a friend - how you would like to be treated, then be that type of person yourself for others.
3. People need to feel wanted, loved, needed, so help create these feelings in others.
4. Be kind to others - You may not feel you can love them, but at least you can be kind.
5. Learn to love yourself because others will often treat to you the way they see you treating yourself.
6. Let others impress you rather than trying to impress them.
7. Honesty often hurts, often makes us vulnerable, but honesty always wins in the end.
8. Deliberately do and/or say things to make others feel important: Praise, encouragement, support, co-operation, courtesy (please & thank-you).
9. Be enthusiastic - it is contagious, it motivates others as well as you, it builds bonds within relationships.
10. Call others by name, repeat it often in conversation.
11. Learn to listen. People are warmed more by how you listen than what you say.
12. Be positive, as positive attitudes are attractive to others. We like to be around positive people - negative people repel us (if we are negative, we repel others).
13. Be cheerful & pleasant. Smile often - smile with your eyes as well as your mouth.
14. Before you choose to argue, stop and place a value on your friendship.
15. Help others to like themselves. Remind them that you like yourself better when you are with them.
16. Show a genuine interest in others, listen as you invite them to talk about themselves. Seek their opinions, ideas, viewpoints.
17. If you can't say something good about a person, keep silent.
18. Allow the other person to be "right" sometimes.
19. If you really must poke fun at someone, be sure it is you.

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