

Ultiself Improve Social Skills

Discover why neglecting your social life is the shortest way to downgrade your well-being, mood and productivity.



Socialize - Good quality relationships are strongly related to life satisfaction and well-being.

ACTION - Engage in social activities at least 2-3 times per week.



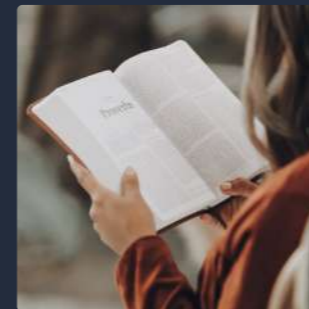
Value Reflection - Clarity about your values improves your assertiveness.

ACTION - Make a list of 3-5 values, prioritize them and review them weekly.



Gratitude - Gratitude helps you develop a more positive perspective to approach social life.

ACTION - Think or write down 3 things you are grateful for on a regular basis.



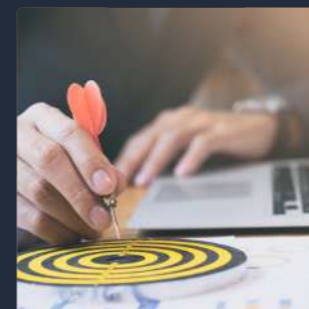
Reading - Fiction stories help you develop empathy.

ACTION - Read fiction books for at least 20 minutes daily.



Journaling - Journaling may help you develop self-awareness and track your social goals.

ACTION - Write down about your emotions and thoughts related to social situations on a regular basis.



Successive Approximation - Rewarding each step increases the motivation to keep working on your goals.

ACTION - Set a general goal, break it down into steps and reward yourself every time you achieve them.



Mental Contrasting - Mental contrasting helps you develop prosociality and empathy.

ACTION - Visualize your goals, the possible obstacles and how to overcome them on a regular basis.