

The THRIVING INTROVERT

*Embrace the Gift of Introversion and
Live the Life You Were Meant to Live*



THIBAUT MEURISSE

The Thriving Introvert Workbook

I'd like to thank you again for purchasing my book *The Gift of Introversion*. I'd also like to congratulate you on your commitment to changing your life for the better. I really hope that you'll use the book to help you redesign your life and become the happy introvert that you are deep down.

Please make sure you use this workbook in tandem with the book. In the end, your commitment is what will determine how much you get out of it.

If you'd like to further enhance your personal development journey and make the most of your strengths, you can check out my other books on [goal-setting](#), [habits](#), and [productivity](#).

Finally, if you benefited from the book I would greatly appreciate if you would leave me a quick review here. Thanks!

Now, let's get started.

Assessing your introversion

Before we get started, I'd like you to take a quick survey to give you an idea of your level of introversion. On a scale of 1 to 10, how true are the following statements? Write down a number next to each statement.

1. I hate small talk, but I enjoy deep conversations.
2. I get tired if I stay at a party for too long.
3. I feel like everything I say should be meaningful and often refrain from talking for this reason.
4. I prefer one-on-one or small group conversations over talking in large groups.
5. I need to spend time alone to recharge my battery.
6. I think before I speak.
7. I have difficulty thinking when in a group. I think best when I'm on my own.
8. I usually listen more than I talk.
9. I dislike interruptions.
10. I hate conflict.

If you agree with most of these statements and have a high score, you are definitely an introvert.

I. Understanding introversion

In this section, we'll deepen your understanding of introversion and take a closer look at your relationship with it.

1. Your personal definition of introversion

Write down your personal definition of introversion in the space below.

2. Your relationship with your introversion

Write down how your introversion makes you feel (ex: I feel ashamed, I feel frustrated, I feel proud, etc.)

3. Introversion vs. shyness

To better thrive as an introvert, it's important to differentiate between introversion and shyness.

Imagine various interactions in your life and ask yourself: Why aren't I talking? Write down your reasons below. Then write whether the reason is based on shyness (feeling scared and uncomfortable) or introversion (feeling too low on energy). For shyness write "S", for introversion write "I".

-
-
-
-
-

If you identified yourself as shy, what is one small thing you could do to start overcoming your shyness?

4. Your expectations regarding this book

Write down what you want to get out of this book. It will help you stay focused throughout the reading process. What is your goal?

(Ex: improving my relationship with my partner, becoming better at networking, accepting my introversion, etc.)

II. Owing your introversion

1. Your biggest challenge

What is the biggest challenge you face as an introvert? Write it down in the space provided.

Write down all the things you could do to overcome that challenge:

-
-
-
-
-
-
-

What is the one thing that would have the biggest positive impact on your life?

2. Challenging your assumptions

What are some assumptions that you have? By this I mean things you believe you should do but that may go against your introverted nature.

-
-
-
-

3. Accepting your introversion

How well do you own your introversion? Write down one negative feeling you associate with it (ex: feeling guilty for not talking enough, feeling tired, feeling uninteresting, etc.)

My negative feeling: _____

Write down one thing you could do or one belief you could adopt that would help you let go of that negative feeling.

Now, write down all the positive feelings and emotions that you associate with your introversion. Try to write down as many as possible.

Ex: enjoying spending time at home, taking pleasure in reading a new book, feeling at peace when you go for a walk in nature, etc.

-

-

-

-

-

-

III. Optimizing Your Introversion

1. Designing your ideal day

Imagine you're living the perfect life as an introvert. What does your typical day look like? What are you doing? Who are you spending your time with? How much time do you spend alone?

Write down your ideal day below.

My ideal day:

What's preventing you from living like this? What's holding you back?

What's one thing you could do today that would move you closer to the vision you have for yourself?

What's one more thing you could do?

2. Managing your energy

As an introvert, managing your energy is one of the most important things you can do to live a happier life.

Write down all the things you could do to better manage your energy.

-
-
-
-
-
-
-

What is the one thing that would have the biggest positive impact on your energy level?

My one thing: _____

3. Identifying your sweet spot

Based on your own experience, how much time can you spend at a social event before feeling the need to leave or take a break to recharge your battery?

4. Optimizing your life

a. Optimizing your social life

Regarding introversion, what are your biggest struggles in that area?

-
-
-

What is one small thing you could do to improve your current situation in that area?

b. Optimizing your career

Regarding introversion, what are your biggest struggles in that area?

-
-
-

What is one small thing you could do to improve your current situation in that area?

c. Optimization your relationships

Regarding introversion, what are your biggest struggles in that area?

-
-
-

What is one small thing you could do to improve your current situation in that area?

IV. Leveraging the gift of introversion

1. Your biggest strength

According to you, what is your biggest strength as an introvert?

2. Leveraging deliberate practice

How can you use the time you spend alone to improve the skills you need to achieve your goals?

3. Leveraging the time you spend thinking

We all operate with certain thought patterns that determine most of our actions and feelings. As an introvert, your ability to think and come up with new ideas is a great asset. However, if you don't know how to use your thoughts constructively, they can wreak havoc on your emotional well-being.

What are some negative thoughts that you experience on a regular basis? What are they trying to tell you?

4. Leveraging your ability to stay focus and dig deep

What is the one thing that would have the biggest positive impact on your life if you were to stick with it long-term?

5. Leveraging your writing skills

If it resonates with you, keep a journal and write down your thoughts and ideas. (*add resources on how to keep a journal)

6. Leveraging your interpersonal skills

How can you leverage your interpersonal skills? Examples could include increasing one-on-one conversations at work or changing your career.

7. Practicing Meditation

If you wish to meditate, write down your new daily meditation practice. How long will you meditate each day, for instance?

8. Leveraging your ability to persevere

Sticking with one goal

What is one goal that, if achieved, would have the biggest impact on your happiness? You can use your answer to the previous question.

My goal:

Preparing yourself mentally

- What is the worst thing that could happen as you work on your goal?

- What would you do if it happens? Visualize the situation and how you would feel.

- What would make you give up one your goal? At what point would you decide to quit?

Committing to your Bullet-Proof Timeline

Write down your Bullet-Proof Timeline (the deadline before which you won't allow yourself to give up):

My Bullet-Proof Timeline: ___/___/20___

Goal-setting crash course for introverts

Let's go over a powerful goal-setting method. This will help you as you work on redesigning your life as an introvert.

1. How to set goals

Imagine you could achieve anything you want and had no limitations whatsoever. What are the goals that, if achieved, would enable you to become the happiest you can be? Write down anything that comes to mind without judging it.

2. Select one goal

Select the one goal that, if achieved, would have the biggest impact on your life. Then circle it, because that will be your main goal.

3. Make it SMART

Too often, people set goals that are way too vague. When it comes to goals, the more specific, the better! So make sure you use the SMART goal method, which is explained below:

SMART stands for:

Specific: What exactly do you want? What are you trying to achieve?

Measurable: Can you assess the progress towards your goal? How will you know if you've achieved it?

Achievable: Is it achievable? Is the timeframe realistic? Can you put in the effort required despite other responsibilities?

Relevant: Is it in line with your values? Is it exciting to you?

Time-bound: Do you have a clear deadline for your goal?

4. Break down your goals

If your goal is long-term, break it down into a yearly, monthly, weekly, and even daily goal. Now, ask yourself how confident you feel about your ability to achieve your goal. On a scale of 1 to 10, you want to be at a 7 or 8. If you're below this, try extending your timeline or making your goal smaller.

5. Implement one daily habit to support your goal

Implement one small habit that moves you towards your goal each day. For instance, my goal involves writing books, so I make sure I write every day no matter what.

Setting your goal

1. How to set goals

What are the goals that, if achieved, would make you the happiest introvert ever?

-
-
-
-
-
-
-

2. Select one goal

Select the one goal that, if achieved, would have the biggest positive impact on your life and circle it. That will be your main goal.

Your one goal: _____

3. Make it SMART

Too often, people set goals that are way too vague. When it comes to goals, the more specific, the better! So make sure you use the SMART goal methodology (specific, measurable, achievable, relevant, and time bound)

Your SMART goal:

4. Chunk down your goals

If your goal is a long-term one, break it down into yearly, monthly, weekly, and even daily goals. See how you feel about each goal. On a confidence scale of 1 to 10, you want to be at a 7 or 8. If you aren't, extend the timeline or make your goal smaller.

Yearly SMART goal: _____

Monthly SMART goal: _____

Weekly SMART goal: _____

5. Implement one daily habit to support your goal

What is one small daily habit that would help you achieve your goal?

My small daily habit: _____

V. Transcending Your Introversion

1. Finding your passion

Answer the following questions to help you clarify your passion.

1) Who do you envy?

2) What did you enjoy doing when you were a kid?

3) What activities do you volunteer for at your current job? What about your previous jobs?

4) What topic do you usually get excited about during conversations? When was the last time you got excited in a conversation?

5) What is your unique way to contribute to the world? - Do you want to inspire? Entertain? Educate? Heal? Serve? Create art?

6) According to you, what are your unique strengths? What is it that only YOU can do?

2. Supercharging your passion

What skills must you develop to supercharge your passion?

-
-
-
-

What things beyond your comfort zone will you need to do to live a meaningful life?

-
-
-
-
-
-

3. Supercharging your ideas

Are you capturing your ideas in an effective way? If not, what could you do to capture them more efficiently?

Are you sharing your ideas and putting them out there? If not, what could you do to share your ideas and make a bigger contribution to the world?

4. Introversion is not a label to wear

Could labeling yourself as an introvert (using your own definition of introversion) potentially harm your growth and fulfillment in life? If so, how?

5. Becoming a leader

Now that you've read stories of introverted leaders, what would you say your biggest strength is? (thoughtfulness, perseverance, intensity etc.)

What is one strength, that, if further developed, would make the biggest difference in your life?

Affirmations for introverts

I invite you to repeat these affirmations on a daily basis or to create your own.

Parties

- During parties, I give myself complete freedom to behave and act according to my mood.
- I release all expectations and let go of any pressure put upon me by myself or others.
- I allow myself to enjoy parties without any expectations.
- Reading a book is as valuable as going to a party.
- I leave parties when I stop enjoying them and I'm perfectly fine with that.
- I take breaks whenever I want to and make no apologies for it.

Silence

- I give myself permission to say nothing. That's my way of celebrating my introverted nature.
- My silence gives myself and others space to simply be.
- I choose to be silent whenever I feel like it.
- I love silence. Being silent is doing something.
- I don't owe anyone an interaction.

Self-respect

- I put my own needs first.
- I respect myself by saying "no".
- I know what I need better than anyone else does.
- Staying home is doing something.
- As an introvert, there is nothing I should or shouldn't do.
- Managing my energy is a form of self-respect.

Managing energy

- Managing my energy is a favor to myself and everyone around me.
- I manage my energy so that I can give my best gifts to the world.
- Managing my energy is respecting myself.

Accepting introversion and extroversion

- I let go of any negative emotions towards extroverts.
- I love myself. I love extroverts.
- I embrace my introversion and respect other people's extroversion.
- Both introversion and extroversion are needed in this world.
- I have my challenges, extroverts have theirs.
- By accepting other people's extroversion, I accept my own introversion.

Living up to my potential

- As an introvert, I can achieve anything I set my mind to. I just have to manage my energy well.
- I'm more than my introversion and can transcend it whenever necessary.
- I can wear the extrovert hat whenever I want and I'm fine with it.
- When I'm passionate I can do anything.
- I refuse to be less than I can be.

THANK YOU SO MUCH!

I hope you enjoyed this e-book and that you'll make the most of your introversion in the coming years.

Let me wish you all the best with your new endeavors. I'm very much looking forward to hearing from you on my website.

If you have any questions send me an email at thibaut.meurisse@gmail.com

- Click [here](#) to connect with me on my Facebook page.
- Click [here](#) to follow me on YouTube.
- Click [here](#) to check out my author page.

Thanks a lot!

Thibaut Meurisse

Founder of Whatispersonadevelopment.org



Other books by the author:

[Goal Setting: The Ultimate Guide to Achieving Goals That Truly Excite You](#)

[The One Goal: Master the Art of Goal Setting, Win Your Inner Battles, and Achieve Exceptional Results](#)

[Habits That Stick: The Ultimate Guide to Building Powerful Habits That Stick Once And For All](#)

[Productivity Beast: An Unconventional Guide to Getting Things Done](#)

[Wake Up Call: How to Take Control of Your Morning and Transform Your Life](#)

Did you enjoy this book?

If you benefit from this book, make sure to leave a review on Amazon. You could inspire other people like you to make changes in their lives as well. And that would mean so much to me!

Thank you for your support!!
Thibaut

