



# Being an extrovert planner

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“Extroverts are more likely to gain energy from interactions with other people. They find their strength in their connections and their networks.”

– Susan Cain

# love being social

This planner is designed to help you embrace and maximize your outgoing personality. Each page has a different activity or idea to help you feel great in social situations, connect with others, and have fun being yourself. Embrace your outgoing nature and enjoy a lively, connected life.

Being an extrovert means you get energy from being around others. You love social gatherings, meeting new people, and having exciting conversations. This planner will help you use that energy in ways that are both fun and meaningful. You'll find tools to plan events, keep track of your social activities, and think about your experiences. By using this planner, you can better understand your strengths and find new ways to connect with others.

One of the best parts of this planner is the variety of activities it offers. Each page gives you a new way to enjoy being an extrovert. From setting social goals to practicing speaking in front of others, you'll find lots of ideas to keep you motivated.

These activities are meant to help you grow and improve your social skills, making you more confident in different situations. This planner also encourages you to reflect on your social life. Taking time to think about your interactions can help you see what works well and what could be better.

Having this planner is important because it helps you make the most of your natural strengths as an extrovert. Here's why:

- This planner helps you organize your social activities, set goals, and stay on track, making it easier to enjoy your social life.
- It helps you take full advantage of every opportunity to connect with others, whether by planning events or strengthening relationships.
- The planner provides challenges for building and maintaining meaningful relationships, keeping your social life vibrant and rewarding.
- Activities in the planner are designed to increase your confidence, helping you feel more assured in any social setting.

# my personal profile

Hello! My name is...

Nickname

Age

Address

Birthday

Zodiac Sign



My Hobbies are...

My Favorite ...

Color: .....

Food: .....

Pet: .....

Song: .....

Movie: .....

Fun Facts About Me

My Motto in Life

# daily extrovert planner

Here's a simple daily planner designed for extroverts, focusing on organizing social activities and maintaining a vibrant social life.

Schedule	Interactions Tracker
06:00	
07:00	
08:00	
09:00	
10:00	Social Goals/Activities
11:00	<input type="checkbox"/>
12:00	<input type="checkbox"/>
13:00	<input type="checkbox"/>
14:00	<input type="checkbox"/>
15:00	<input type="checkbox"/>
16:00	<input type="checkbox"/>
17:00	
18:00	Notes
19:00	
20:00	
21:00	
22:00	
23:00	

# are you an extrovert?

Curious if you're an extrovert? This quick quiz will help you find out! Extroverts are energized by social interactions and enjoy being around people. Answer the questions with "Yes" or "No" to see if you fit this lively personality type.

	YES	NO
1. Do you feel energized by spending time with others?	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you enjoy being the center of attention in social settings?	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you often seek out new social activities or events?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you feel comfortable starting conversations with strangers?	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you prefer group activities over solo ones?	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you often feel restless if you spend too much time alone?	<input type="checkbox"/>	<input type="checkbox"/>
7. Do you find it easy to make new friends?	<input type="checkbox"/>	<input type="checkbox"/>
8. Do you enjoy sharing your thoughts and ideas with others frequently?	<input type="checkbox"/>	<input type="checkbox"/>
9. Do you prefer high-energy environments over quiet, calm ones?	<input type="checkbox"/>	<input type="checkbox"/>
10. Do you feel motivated by interacting with a large group of people?	<input type="checkbox"/>	<input type="checkbox"/>
11. Do you actively seek out opportunities to meet new people?	<input type="checkbox"/>	<input type="checkbox"/>
12. Do you often feel excited about attending social gatherings?	<input type="checkbox"/>	<input type="checkbox"/>
13. Do you prefer talking through problems instead of thinking alone?	<input type="checkbox"/>	<input type="checkbox"/>
14. Do you feel more lively and engaged in busy, active settings?	<input type="checkbox"/>	<input type="checkbox"/>
15. Do you enjoy participating in team activities or group projects?	<input type="checkbox"/>	<input type="checkbox"/>

## Scoring:

- 11-15 Yes Answers: You're likely an extrovert! You thrive on social interactions and feel energized by being around people.
- 6-10 Yes Answers: You have some extroverted traits, but you might also enjoy quiet time and solo activities.
- 0-5 Yes Answers: You might lean towards introversion. You may prefer calm, quiet environments and smaller, more personal interactions.

# kinds of extrovert

Do you love being around people? You're probably an extrovert! Let's figure out what kind of extrovert you are. There are lots of ways to be social and have fun. Let's explore them together!

## The Social Butterfly

Loves to talk and meet new people. They're often the life of the party and have a big group of friends. They feel energized by being around others and sharing experiences.

## The Energizer Bunny

Always on the go and full of energy. They love being active and involved in lots of things. They find it easy to meet new people and try new activities.

## The Life of the Party

Has a great sense of humor and loves to make people laugh. They're often the center of attention and enjoy being the life of the party. They have a talent for creating a fun atmosphere.

## The Deep Connector

Values meaningful relationships and enjoys deep conversations. They prefer quality time with a few close friends over large groups. They're good listeners and offer support to others.

## The Adventurous Soul

Loves exploring new places and trying new things. They're excited by challenges and love sharing experiences with others. They have a curious and open mind.

## The Confident Leader

Naturally takes charge and inspires others. They're confident and outgoing, often leading group activities. They have a strong presence and can easily influence people.

# which extrovert are you?

You've met different kinds of people who love being around others. Now, think about yourself. Which one are you most like? Or maybe you're a mix!

Which type of extrovert do you relate to most? Why?

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Are there other types of extroverts you can think of? Describe them.

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How does understanding your extrovert type help you better understand yourself?

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Do you think your extrovert type has changed over time? Why or why not?

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# social energy audit

This audit will help you track how different social interactions impact your energy levels. By monitoring your energy before, during, and after social events, you can identify activities that boost or drain your energy.

## Event Details

Date/Time

Location

Type of Event

People Involved

### Before the Event

How did you feel physically?

How did you feel emotionally?

### During the Event

How did you feel physically?

How did you feel emotionally?

### After the Event

How did you feel physically?

How did you feel emotionally?

What activities or interactions boosted and drained your energy?

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How can you manage your energy levels after social events?

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# strengthen your bonds

Your connections with others are important and energizing. Use this page to set goals for improving your current relationships, making new friends, and expanding your social life. Clear goals will help you make the most of your social energy and joy.

Category	Who	Goals	Action Steps
Strengthening Current Relationships	(Names of people)	(How you want to improve these relationships)	(Actions you'll take, e.g., regular meetups)
Building New Connections	(New people or types of connections)	(What you want to achieve with these new connections)	(How you'll meet new people, e.g., attending events)
Supporting Your Network	(People who need your support)	(How you'll help or encourage them)	(Ways you'll support them, e.g., checking in)
Expanding Your Social Life	(New social activities or opportunities)	(Goals for expanding your social life)	(Steps you'll take, e.g., saying yes to more invites)

# planning social events

Social events are a great way to connect with friends, make new acquaintances, and enjoy shared experiences. Use this page to plan your upcoming events, from casual get-togethers to special celebrations.

Event Name

Date & Time

Location

Guest List	RSVP	Theme/Activities
-----	Yes/No	<input type="text"/>
-----	Yes/No	
-----	Yes/No	Food and Drinks
-----	Yes/No	<input type="text"/>
-----	Yes/No	
-----	Yes/No	Decorations and Setup
-----	Yes/No	<input type="text"/>
-----	Yes/No	
-----	Yes/No	Budget
-----	Yes/No	<input type="text"/>
-----	Yes/No	

Task and Responsibilities	✓ or X
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>

# extrovert routine

As an extrovert, being around people and staying active helps you feel your best. Use this routine to plan your day, making sure you include time for socializing, personal tasks, and rest.

## Morning Routine

M	T	W	T	F	S	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Afternoon Routine

M	T	W	T	F	S	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Evening Routine

M	T	W	T	F	S	S
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# balancing alone and social time

Both alone time and social time are essential for your well-being. Use this page to plan a balanced day, ensuring you get enough of each to feel your best.

Time of Day	Alone Time	Social Time	How to Balance
Morning	(List alone activities, e.g., reading, journaling)	(Social activities, e.g., breakfast with family)	(Describe how you'll balance these in the morning)
Afternoon	(Alone activities, e.g., walk, meditation)	(Social activities, e.g., lunch with friends)	(How you'll balance these in the afternoon)
Evening	(Alone activities, e.g., hobby, quiet time)	(Social activities, e.g., dinner, calls)	(How you'll balance these in the evening)

# expanding your circle

Expanding your social circle brings fresh energy and new opportunities into your life. Use this page to plan how you'll meet new people and strengthen new connections.

Step	Details	Action Steps	Timeframe
I: Find Opportunities	(Places or events where you can meet new people)	(What you'll do to participate)	(When you'll do it)
II: Set Goals	(Type of people you want to connect with)	(How you'll approach them)	(When you want to achieve this)
III: Follow Up	(New contacts you've made)	(How you'll stay in touch)	(When to follow up)

# learn and grow from your connections

Reflecting on your social interactions helps you understand what went well and what you can improve. Use this page to think about your recent connections and how they've impacted you.

Describe the Interaction

Name of Person

What Went Well

What I learned

Describe the Interaction

Name of Person

What Went Well

What I learned

Describe the Interaction

Name of Person

What Went Well

What I learned

How will you apply what you've learned to future interactions?

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# keeping connections alive

Maintaining strong connections requires regular effort. Use this page to plan how you'll keep your relationships vibrant and meaningful.

Name of the person or group

- Recent Interaction \_\_\_\_\_
- When to reach out again \_\_\_\_\_
- What you'll do to stay connected \_\_\_\_\_

Name of the person or group

- Recent Interaction \_\_\_\_\_
- When to reach out again \_\_\_\_\_
- What you'll do to stay connected \_\_\_\_\_

Name of the person or group

- Recent Interaction \_\_\_\_\_
- When to reach out again \_\_\_\_\_
- What you'll do to stay connected \_\_\_\_\_

Name of the person or group

- Recent Interaction \_\_\_\_\_
- When to reach out again \_\_\_\_\_
- What you'll do to stay connected \_\_\_\_\_

Which connections feel the strongest right now?

Which relationships need more attention?

# public speaking practice

Public speaking is a powerful skill that improves with practice. Use this page to plan, practice, and reflect on your public speaking efforts to become more confident and effective.

Topic

List the main points you want to cover in your speech.

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Think about who your audience will be

Decide when and where you'll practice your speech

After practicing, ask for feedback from someone you trust.

Reflect on what you learned from this practice session. How did it help you improve?

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What will you focus on in your next practice session? Set a goal to keep improving.

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# managing energy levels

Managing your energy is key to staying productive and feeling good. Use this page to track your energy levels and plan how to maintain a steady flow of energy throughout the day.

## Morning Energy

Current Level: (How do you feel in the morning? Energized, sluggish, etc.)

Plan: (What will you do to boost your morning energy? E.g., exercise, healthy breakfast.)

## Midday Energy

Current Level: (How do you feel around midday? Alert, tired, etc.)

Plan: (What will you do to maintain or increase your energy? E.g., short walk, light meal.)

## Afternoon Energy

Current Level: (How do you feel in the afternoon? Focused, drained, etc.)

Plan: (What can you do to recharge? E.g., quick nap, stretch break.)

## Evening Energy

Current Level: (How do you feel in the evening? Calm, restless, etc.)

Plan: (How will you wind down or maintain your energy? E.g., relaxing activity, light dinner.)

## Reflection

(How did you manage your energy throughout the day? What strategies worked well?)

(What can you do differently tomorrow to better manage your energy levels?)

# extrovert adventure plans

As an extrovert, you love exciting activities and meeting new people. Use this page to plan adventures that let you enjoy social experiences and explore new things.



















Adventure/Trip Name

Destination

Date/s of Adventure

Activities to Do: Plan out the fun and exciting activities

Preparation Checklist: Use this to ensure you're fully prepared for adventure

 _____	 _____
 _____	 _____
 _____	 _____
 _____	 _____
 _____	 _____
 _____	 _____
 _____	 _____
 _____	 _____
 _____	 _____

What to achieve from this adventure? E.g., meet new people, try something new etc.)

# being a social catalyst

You have a talent for bringing people together and creating great experiences. Use this page to plan how you'll make connections and energize others.

## Event or Activity

What social event or activity will you organize?

Why is this event exciting or important?

## Goals

What do you want to achieve? E.g., connect people, have fun, build relationships.

What do you hope will happen? E.g., new friendships, good conversations.

## Planning Details

Date and Time

Location

What do you need to get ready? E.g., invitations, setup

Who to Invite?

How to Invite?

What went well?

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# creative social projects

Brainstorming creative projects with friends or groups can lead to exciting and memorable experiences. Use this page to plan and explore unique ideas for social projects that you can enjoy together.

## Project Idea

Describe the creative project you want to start. E.g., a DIY craft night, a community mural, or a themed party.

## Date & Time

## Location

List people you want to involve.

Assign roles for each person if needed

➤ _____	➤ _____
➤ _____	➤ _____
➤ _____	➤ _____
➤ _____	➤ _____
➤ _____	➤ _____

List materials you need for the project.

What do you hope to accomplish with this project?

# weekly mini challenges

As an extrovert, you love being around people and staying active. Try these mini challenges to enjoy social activities and connect with others.

- Host a Gathering** Plan a small get-together with friends or family. Have fun with others and strengthen your relationships.
- Start a Chat** Begin a conversation with someone you haven't talked to before. Practice meeting new people and making connections.
- Join a Group Activity** Take part in a group class or club that interests you. Meet new people and enjoy group activities.
- Plan Spontaneous Outing** Organize a last-minute outing, like a movie night or picnic. Enjoy a fun, unplanned social experience.
- Share Your Passion** Introduce your favorite hobby or interest to others. Connect with people who share your passions.
- Attend a Networking Event** Go to a local event or mixer where you can meet new people. Expand your social circle and practice your networking skills.
- Give a Compliment** Give a sincere compliment to someone today. Spread positivity and engage with others.
- Start a Group Project** Begin a project with friends or colleagues, like a charity event or creative activity. Work together and build connections.
- Try a New Social Experience** Attend a new event or activity, like a local festival or workshop. Experience new social opportunities and meet new people.
- Plan a Surprise** Organize a small surprise for a friend or coworker. Show appreciation and create a special moment for someone else.

# weekly planner

This planner will help you make the most of your extroverted nature each week. Use it to plan your social activities, connect with others, and enjoy your vibrant social life.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Notes

# monthly planner

By planning your month, you can prioritize important tasks and maintain a balanced approach to achieving your objectives.

Month:

Sun	Mon	Tue	Wed	Thu	Fri	Sat

# final reflection

Which social goal did you achieve, and what did you learn from it? Look at the goals you set and what you learned from achieving them.

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What are you most looking forward to in your social life in the future? Identify what excites you about future social opportunities you're anticipating.

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# my planner notes

Date:    /    /

A large rectangular area with horizontal dotted lines for writing notes. The lines are evenly spaced and extend across the width of the page, providing a guide for handwriting.