

HARMONIZER PERSONALITY TYPE

Day-to-Day Personal Tips



- Say “I love you” to spouse and children frequently, let them know that you care.
- Arrange to have lunch or dinner at least weekly with a good friend.
- Keep a birthday file and send greetings to people recognizing the ultimate unconditional event, their becoming alive.
- Empower yourself to take care of yourself first, knowing that this is the best way to then meet the needs of others.
- Have pictures of loved ones and take time to feel the emotions they arouse and affection that binds you to them.
- Give a friend a call and check up on him/her.