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Observe Others Subtle Facial Expressions

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Journaling tips

Did you see that?

Journal the different facial expressions you encounter with others throughout your day. Did this set your tone? Did you create a story?

What facial expression changes did you identify?		
Did any of the identified changes affect you? If so, how?		
What parts of the observations are stories versus fact:		
	Pro tip	
	Your face is typically the first thing people see, your facial expression can set the tone for how the other	

party will engage with you.