

**QUIET: THE POWER OF
INTROVERTS IN A
WORLD THAT CAN'T
STOP TALKING**

by Susan Cain

Interactive Worksheet

INTERACTIVE SHEET FOR NOTES

Reading alone won't help you understand the actionable notes. You need to engage with the content. Answer the question below (just type inside the boxes) to outline your future steps:

1. Schedule time and work alone. Be specific (and time and date):

2. Tend to criticize others when they share ideas? Try to do the opposite:

3. Want to be better at [insert what you want to improve]? Take baby steps:

4. Why did you want to become a firefighter - or something else?

5. Practice soft power. Pick a cause, commit, and share your message:

Don't forget to save your changes.