

Let's Be Social, Week 2: 10-13-25



Building Social Confidence: Takeaway Sheet



How to Mentally Prepare for Social Events (Especially if Nerves Hit Hard)

- Visualize yourself at ease and engaged — pre-imagining success lowers anxiety.
- Create a calming pre-event ritual (music, mantra, breathwork).
- Focus on *why* you're going, not what could go wrong.



Conversation Starters That Don't Feel Awkward or Forced

- Ask open-ended, curious questions (e.g., “What’s something fun you’ve done lately?”).
- Compliment genuinely — it’s an easy entry point for connection.
- Share something small about yourself to invite reciprocation.



Body Language Tips for Feeling More Confident (Even If You're Faking It at First!)

- Uncross your arms, stand tall, and keep your gaze soft and open.
- Smile — even a gentle one warms your energy and invites trust.
- Mirror the person's tone and posture slightly to build connection.



Understanding That Rejection Isn't Personal — It's Redirection

- Not every connection is meant to last — and that's okay.
- Rejection isn't a reflection of your value, just a misalignment.
- Keep showing up as you — your people are looking for you too.