

Let's Be Social: Takeaway Sheet

Rewriting the Social Narrative

The Stories We Tell Ourselves

Topic: *Being “too old,” “too awkward,” or “not interesting enough”*

- We all carry old stories — they don't define our worth or our ability to connect.
- Awkward is normal, especially when trying something new.
- You don't need to be “interesting enough” — you just need to be real.

Connection Is a Need, Not a Luxury

Topic: *Even if you're an introvert*

- Human beings are wired for connection — it's emotional nourishment.
- Introversion is not isolation; meaningful connection matters.
- You don't have to be around *everyone*, just the *right* ones.

Comparison & Fear Keep Us Isolated

Topic: *How judgment blocks connection*

- Comparison tells you you're not enough; connection proves you are.
- Everyone's fighting insecurity — you're not alone.
- Authenticity is far more magnetic than perfection.

Confidence Is a Skill, Not a Trait

Topic: *Reframing what social confidence means*

- Confidence grows with action, not before it.
- You can be both quiet *and* courageous.
- Practice builds confidence — one interaction at a time.