


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

Conversation Starters That Don't Feel Awkward or Forced

Let's Practice Connection: Conversation Starter Worksheet

You don't have to be clever — just curious. Use this space to prepare, reflect, and build your own go-to connection toolkit.

 **Warm-Up: What makes YOU feel comfortable when someone starts a conversation with you?**
(Jot down a few thoughts — use real examples!)

 **Your Turn: Choose 3 openers you'd feel good using in a social setting:**
(They can be simple, fun, or meaningful!)

- 1.
- 2.
- 3.

Add to Your Connection Toolkit:

Fill in the blanks or write your own below!

- “Hi! I’m _____. What brought you here today?”
- “That _____ is so fun/cute/interesting—where did you find it?”
- “What’s something you’re looking forward to this week?”
- “Have you tried the _____ yet?”
- “I’m new to this group — any tips for getting the most out of it?”

Reflection Prompt:

What's one small step you can take to feel more confident connecting this week?

Affirmation:

“I can create connection through kindness and curiosity. I don't have to be perfect — just present.”