



## 1. Opportunity

You increase opportunity by allowing yourself to be available to interactions initiated by others. Start your day with the intention to improve your meaningful connections.

## 2. Open-Ended Questions

When interacting with others, asking more open-ended questions creates an opportunity to discover common ground, learn about someone, and begin to establish a bond.

## 3. Listen

Listen intently to what the other person has to say and respond with interest, banter, or empathy.



## 4. Greeting

When you give a warm greeting establishes an instant connection and acknowledges another person's existence.

## 5. Variety

Connecting with a variety of people throughout the day and throughout a lifetime helps expose us to new ideas and new activities.

## 6. Your Inner Voice

A massive thing that keeps us from connecting with other people is we're thinking too much while the other person is talking. Instead of really listening.

Every time you meet someone new try these strategies. **They are simple.**

