

The Talk2MorePeople 30 Day Challenge Card

Download and print this page, cut the card out and use it as an excuse to get into conversations with new people. While we don't recommend you use a script to meet new people, below are a few starting ideas:

Excuse me, I'm doing a challenge where I need to meet new people. May I speak with you for a minute? (have the card in hand)

Hello. I've recently learned that meeting new people can help extend my life, so I'm trying to meet more people. Could I speak with you for a few moments? (have the card in hand)

Excuse me. May I ask you how your day is going? I'm doing a social experiment where I need to meet a bunch of strangers this month, so I thought I'd say hi. (have the card in hand)

Research proves that you are much less likely to get rejected than you think you are when you approach a stranger, so why not give it a try? Have fun. Most people take life too seriously, so let this be an opportunity for you to create some joy with others.

