

— THE BE-SOCIAL METHOD —

GET TO KNOW MORE PEOPLE • SELF-ASSESSMENT

Building Blocks:

What are your joys?

What are you working on?

Who do you know but are not caught up with, but would like to be?

Who have you met that you would like to get to know?

Get to Know More People Practices:

#1 – Exchange “elevator speeches” and stories.

- How often do you do this practice?
Circle answer: Always, Sometimes, Never
- What activities do you currently do that would give you the opportunity to work on this practice?

- How could you tie working on this practice to one of your joys?

#2 – Join an organization (professional, charitable, hobby/special interest, religious, political) and lead a group such as a committee.

- How often do you do this practice?
Circle answer: Always, Sometimes, Never
- What activities do you currently do that would give you the opportunity to work on this practice?

- How could you tie working on this practice to one of your joys?

#3 - Invite someone to network over coffee/video call—less than thirty minutes.

- How often do you do this practice?
Circle answer: Always, Sometimes, Never
- What activities do you currently do that would give you the opportunity to work on this practice?

- How could you tie working on this practice to one of your joys?

#4 - Invite someone to network over lunch/drinks/dinner—one hour plus.

- How often do you do this practice?
Circle answer: Always, Sometimes, Never

- What activities do you currently do that would give you the opportunity to work on this practice?

- How could you tie working on this practice to one of your joys?

#5 - Engage digitally with someone to get to know them via extended chat or text.

- How often do you do this practice?
Circle answer: Always, Sometimes, Never
- What activities do you currently do that would give you the opportunity to work on this practice?

- How could you tie working on this practice to one of your joys?

HOW TO PUT THIS INTO ACTION

Review the following five *Get to Know More People Practices*. Decide which practice you will focus on. The practice you pick can be one that you think is easier than the others or a practice that you want to push yourself to try. Tell a trusted friend your plan and make it happen!

Get to Know More People Practices (pick one to focus on):

- ☐ Exchange elevator speeches and stories.
- ☐ Join an organization (professional, charitable, hobby/special interest, religious, political) and lead a group such as a committee.
- ☐ Invite someone to network over coffee/video call—less than thirty minutes.
- ☐ Invite someone to network over lunch/drinks/dinner—one hour plus.
- ☐ Engage digitally with someone to get to know them via extended chat or text.