

— THE BE-SOCIAL METHOD —

MEET MORE PEOPLE • SELF-ASSESSMENT

Building Blocks:

What are your joys?

What are you working on?

Which people are your path (and easy to meet)?

Who would you like to meet (that is not your path and requires a plan for you to meet)?

Meet More People Practices:

#1 - Introduce yourself to someone you don't know at a party/event or out and about.

- 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 - Ask people you meet about their work/profession.

- 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 - Engage with people on social media to meet them (LinkedIn, Facebook, Instagram, X).

- 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 - Attend larger (more than ten people) networking events put on by others.

- 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 - Participate in formal organizations (professional, charitable, hobby/special interest, religious, political) or work on a passion project/side gig.

- 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 *Meet 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!

Meet More People Practices (pick one to focus on):

- ☐ Introduce yourself to someone you don't know at a party/event or out and about.
- ☐ Ask people you meet about their work/profession.
- ☐ Engage with people on social media to meet them (LinkedIn, Facebook, Instagram, X).
- ☐ Attend larger (more than ten people) networking events put on by others.
- ☐ Participate in a formal organization or work on a passion project/side gig.