2025 7 Habits – get you to love life more, out of your comfort zone, better conversationalist, help love life

1. Micro Missions
   1. Examples
      1. Go to coffee with a friend I don’t get to see often but want to spend time with
      2. Go to a bar close by for 30 mins to min and get a drink by myself
2. You can always go home (Mindset Hack)
3. Consume new content = new conversations
   1. Books
   2. Music
   3. Podcasts
   4. Movies
4. Do a different version of the thing you already do
5. Each year do something completely new
6. Have a regular social schedule
7. Social Stacking