

Exercise Calendar

- After watching all the AoC (Art of Conversation) Modules once. Over a span of the next 12 weeks, start rewatching AoC module by module again.
- When you are rewatching, dedicate a week per exercise.
- Be sincere with these and do them in order and note down your experiences in a personal diary. Be sure to fill in your dates of completion, honestly.
- In the description section, briefly describe who you used these AoC exercises on such that you have a mental note of the various situations and circumstances you were in.

Week Number	Module	Exercise	Start Date	End Date	Description
1.	3 - Walking into a conversation	Interrupt 10 conversations to enter them			1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 7. _____ 8. _____ 9. _____ 10. _____
2.	4 - Fishing	Stay as long as you can			1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 7. _____ 8. _____ 9. _____ 10. _____
3.	5 - Like vs Respect vs Trust	Polite Disagreements			1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 7. _____ 8. _____ 9. _____ 10. _____

4.	6 - Asking meaningful questions	25 Questions			1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 7. _____ 8. _____ 9. _____ 10. _____ 11. _____ 12. _____ 13. _____ 14. _____ 15. _____ 16. _____ 17. _____ 18. _____ 19. _____ 20. _____ 21. _____ 22. _____ 23. _____ 24. _____ 25. _____
5.	7 - Risk	Compliments and Opinions			Compliments 1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 7. _____ 8. _____ 9. _____ 10. _____ 11. _____ 12. _____ 13. _____ 14. _____ 15. _____ 16. _____ 17. _____ 18. _____ 19. _____ 20. _____ 21. _____ 22. _____

					23. _____ 24. _____ 25. _____ Opinions 1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 7. _____ 8. _____ 9. _____ 10. _____ 11. _____ 12. _____ 13. _____ 14. _____ 15. _____ 16. _____ 17. _____ 18. _____ 19. _____ 20. _____ 21. _____ 22. _____ 23. _____ 24. _____ 25. _____
6.	8 - Comfort	Crack and Calibrate			1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 7. _____ 8. _____ 9. _____ 10. _____
7.	10 - Walking Out	Seed the ask			1. _____ 2. _____ 3. _____ 4. _____ 5. _____
8.	11 - Preparing for Conversation	Qualifying Criteria			Your Qualifying criteria for friendships-

					<p>Your Qualifying criterias for relationships -</p> <p>What are you willing to offer in friendships -</p> <p>What are you willing to offer in relationships -</p>
9.	12 - Signals	Eye Contact			
10.	13 - Expressions and Tonality	Testimonial			
11.	14 - Body Language	High energy			1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 7. _____ 8. _____ 9. _____ 10. _____
12.	15 - Storytelling	Descriptive story telling			<p>Your top 10 story telling sessions -</p> 1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 7. _____ 8. _____ 9. _____ 10. _____