

Module 3 Exercise

Walking into conversation

Interrupt 10 conversations to enter them

People tend to fall into an “analysis paralysis” before entering conversations. You may have wasted way too many opportunities just by overthinking it - “What should I say?” “How will they receive me?” “Am I being rude?” “Is this the right thing to say?” are questions that pop up every time you wish to start conversing with people or groups you interact with.

In this exercise, I want you to overcome this hesitation that stops you from being you. Interrupt 10 conversations. These could be any conversations you notice around you. Write them down in the exercise schedule sheet and observe how differently you walk into conversations by the 10th time.

Tips -

- Read the room.
- Understand the emotion.
- Add something MEANINGFUL to the ongoing conversation.
- If you think you are being impolite, start with something like - “I don’t mean to interrupt but...” or “I overheard you guys talking about...”

Note: - The first few will be harsh but believe me it’ll help you learn the art of exposing yourself to discomfort.

Walking into conversations is perhaps one of the scariest things to do. Embrace that fear.

All the best, Sher!