

**Reach out to a friend
or family member
who has shunned you**



**Ask a stranger to
take your hat**



**Offer to pay for
someone's order**



**Smile at every person
you walk past today**



**Ask your boss for a raise.
If unemployed, ask for
a job**



**Ask someone
out on a date**



**Ask a stranger for
change from a dollar**



**Ask for directions
from a stranger**



**Invite someone you've
never socialized with
out to dinner**



**Say hello to three
people at the
grocery store**



**Sit beside a stranger.
Strike a conversation**



**Offer to help a stranger
with their groceries**



**Try to make an
enemy a friend**



**Ask someone if
they believe in God**



**Ask someone their
political affiliation**



**Ask for a sip of
someone's drink**



**Try to buy something
that is not for sale.
Do it in person**



**Confess to someone
you lied to**



**Before purchasing
something,
ask for a discount**



**Ask for a stranger's
phone number**



**Request a free
pass**



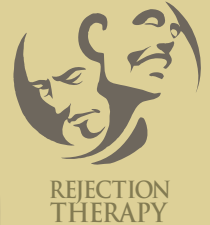
**Invite someone to your
church or club**



**Show a stranger a
photo of your cat
(or dog, goldfish)**



**Ask a meat-eater
to become vegan**



**At a restaurant, ask
for something not
on the menu**



**Ask to trade
parking spots**



**Ask a stranger for
a "high-five"**



**Try to acquire a
good or service by
trade**



**Offer unsolicited
advice**



**Ask to cut to the
front of the queue**



Ask a stranger to
take a picture
of you



REJECTION
THERAPY

"Borrow" a cup of
sugar



REJECTION
THERAPY

Ask a friend to
do your laundry



REJECTION
THERAPY

Call your credit card
provider. Ask to
have your interest
rate lowered



REJECTION
THERAPY

Introduce
yourself to a
stranger



REJECTION
THERAPY



REJECTION
THERAPY

REJECTION
THERAPY



Ask for a tour of a
restaurant's kitchen



Knock on a
neighbour's door.
Request something



Offer a hug to
a stranger



Challenge a stranger to
an arm wrestle



Try to withdraw
bitcoins from your
local bank



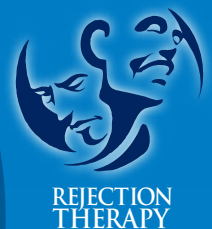
Ask a stranger if
you look like a
celebrity



Ask for a kiss on
the cheek



Ask a stranger's
opinion about your
coat or shoes



At the movie cinema,
try to sell your seat



Offer a stranger
your food



Is your neighbor's
cat fixed? Ask them



Ask someone
to stop using
Facebook



Ask a friend to drive
you out of town
(and back)



Invite someone to
workout with you



Ask for a stranger's
business card



Propose a trade
with a stranger



Tell a clean joke to
a stranger



Ask someone to
donate to Wikileaks



Try to get a
refund - at the
wrong store



Ask for a free ride
on city transit



Request an in-person
visit with a local
personality



REJECTION
THERAPY

Ask a stranger for a
breath mint



REJECTION
THERAPY

Borrow an article of
clothes



REJECTION
THERAPY

Ask a stranger to sing
the Flintstones theme
song



REJECTION
THERAPY

Look directly into
someone's eyes for 10
seconds



REJECTION
THERAPY

Challenge a stranger to
rock, paper, scissors,
lizard, Spock



REJECTION
THERAPY

Go to store. Ask a
customer what they
purchased



REJECTION
THERAPY

Ask a stranger to
sit down and
take a break



REJECTION
THERAPY

Convince a stranger
that you know them



REJECTION
THERAPY



REJECTION
THERAPY

**Ask for a discount
from a supplier**



**REJECTION
THERAPY**

**Call or visit a direct
competitor**



**REJECTION
THERAPY**

**Cold call a local
prospect in person**



**REJECTION
THERAPY**

**Request a testimonial
from a client**



**REJECTION
THERAPY**

**Ask a client to switch
to Open Source**



**REJECTION
THERAPY**

**Ask a prospect to
buy your product or
service in person**



**REJECTION
THERAPY**

**Cold call a prospect
by phone**



**REJECTION
THERAPY**

**Do a product/service
demo for a stranger**



**REJECTION
THERAPY**

**Submit your stuff to
Hacker News or
Slashdot**



**REJECTION
THERAPY**

**Ask to be a guest
speaker at a local
service club**



**REJECTION
THERAPY**

Pitch in person
to a journalist



REJECTION
THERAPY

Get a sale



REJECTION
THERAPY

Pitch to a stranger



REJECTION
THERAPY

Get an introduction



REJECTION
THERAPY

Audition for
Dragon's Den or
Shark Tank



REJECTION
THERAPY

Request a conference
call with a key
decision maker



REJECTION
THERAPY

Request an in-person
meeting with a mentor



REJECTION
THERAPY

Offer 5 strangers
your business card



REJECTION
THERAPY

Request lower
service charges at
the bank you use



REJECTION
THERAPY

Visit someone who
declined your
product/service.
Ask why



REJECTION
THERAPY

Request an
introduction via
LinkedIn



REJECTION
THERAPY

Ask for payment
in Bitcoin



REJECTION
THERAPY

Ask for sponsorship
from an allied business



REJECTION
THERAPY

Get on the local news
(legally)



REJECTION
THERAPY

Do a personal
podcast. Publish
it online



REJECTION
THERAPY



REJECTION
THERAPY

REJECTION
THERAPY
ENTREPRENEUR EDITION



Ask a stranger for
their opinion
on the economy



Request a LinkedIn
connection with
someone you don't
know



Try to guest on an
industry-related
podcast



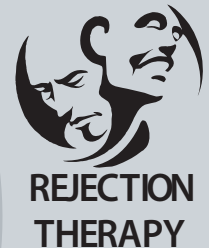
In person, ask a
celebrity/industry
influencer for a free
endorsement



Ask to switch roles
with an employee or
co-founder for a day



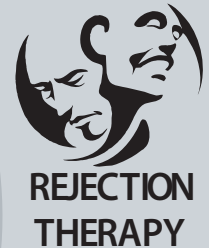
Start a fan page or
group. Invite
clients and/or
prospects



Start a Twitter
business profile.
Follow 25 people
you don't know



In person, offer a
one-time, "today only"
deal to a new prospect



Ask for one month
free from a
service provider



Introduce yourself to
the mayor. Tell him
or her about your
business

