

FIVE Minute Hacks

5 hacks you can learn in 5 minutes.



Learn simple and easy social hacks you can use today. Actionable tips you can take with you during your conversational journey.

Loopward.com

#1 Hack: How can I improve my social skills fast?

Communicate better than 95% of people. A brand new you in 5 minutes after reading this. *Easy tips below!*



First, get out of your head. Leave and don't come back.

What I mean is you're overthinking it. Relax and breath.

If you feel anxious or overwhelmed by the fact you might make a fool of yourself, that's OK.

The majority of people you talk to won't care! Don't believe me ... Read below ...

You're not in the spotlight: Sorry, you're not the main attraction. As I mentioned most people don't care what you say as much as you think.

The *phenomenon*, called the "**spotlight effect**," refers to the fact that people considerably overestimate how much attention other people are paying to them.

If you blank out or have a coffee stain on your shirt, Don't worry! No one will notice as much as you do.

Be like a lifeguard: Besides lifeguards looking like models and slapping sunscreen on their backs, they must effectively scan the water or **be professional observers** to make sure swimmers are safe.

Be like a lifeguard and scan the people around you.

What do you see?! What do you observe?!

Use what you observe or notice as a conversation starter.

“Oh, nice shoes” “Hey, isn’t the food great?” “What a beautiful view.” “I love your makeup!”
Etc, etc, etc, etc. *The next time you’re in a room, just notice things.*

Practice here! Look below, what do you notice in the picture? What do you observe? What would you comment on? Try it!!



Last but not least, and one of the easiest, and one of my favorite ways of speaking more conversation is:

Learning an interesting fact: Learn to obtain information about different topics fast.

Here's one ...

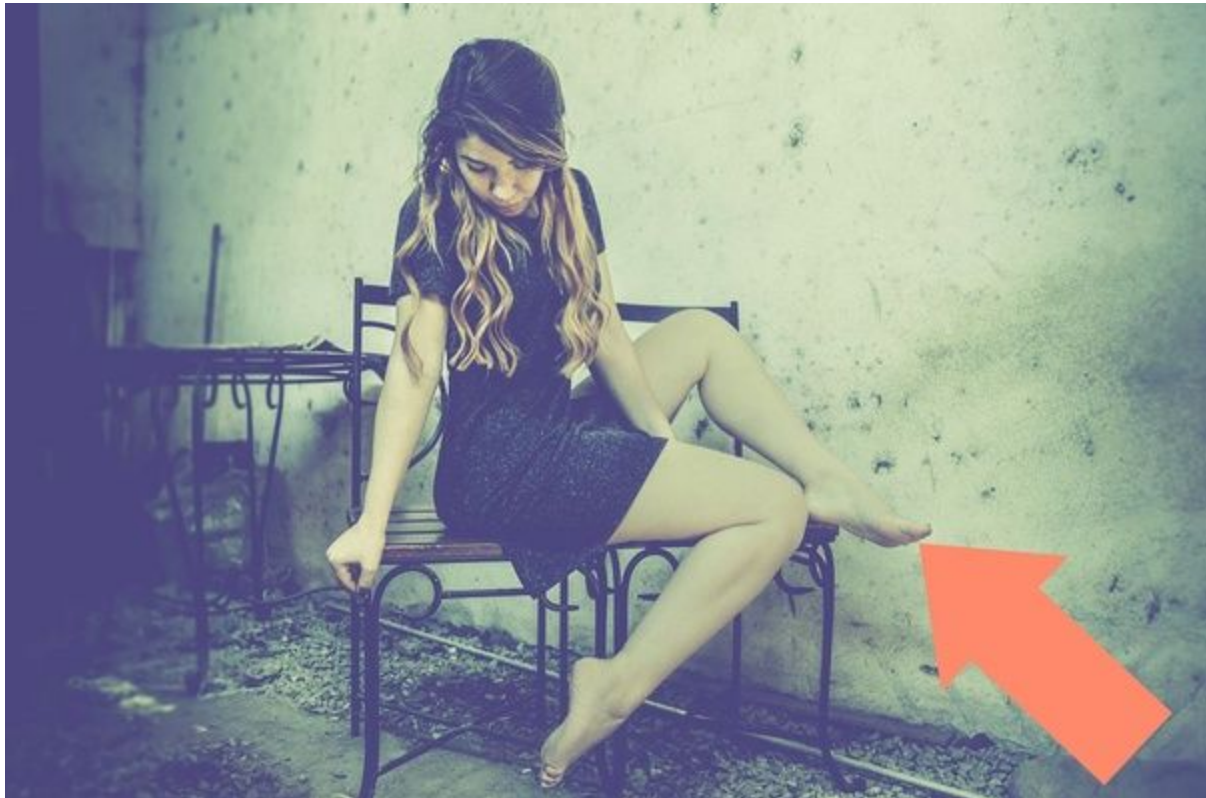
McDonald's once made bubblegum-flavored broccoli. *WTF?! What were they thinking? But, an interesting fact, right?!*

Impress people with what you've learned!

Get good at learning quick and finding information fast so you can talk about interesting things, in your conversations.

Boom! That took less than 5 minutes to read. Now go talk to people! You got this.

#2 Hack: Be a professional foot watcher.



Say what?? Yep. Watching someone's feet can tell you a lot about a person.

If you're talking to someone, especially if you're having a standing conversation, be aware of the positioning of their *feet*.

Joe Navarro, a 25-year veteran of the FBI who served on the National Security Division's Behavioral Analysis Program, says:

“In many ways, the feet and legs are the most accurate part of our body. They reflect our true emotions and intentions, in real time, unlike our face and other parts of the body...**When a relationship is turning sour, there will be less and less foot contact.** “

Navarro goes on to say ... “They may hold hands in public, but their feet simply avoid each other. These are examples of limbic reactions, reflected in the feet and legs, to situations, feelings, and intentions.”

So, when you're watching people's feet ... Don't stare. Make the occasional glance or observe their feet in your peripheral view.



People often unknowingly stand with their feet pointing *away* from someone if they're disinterested.

This works the other way too: If they're standing with their feet pointing *toward* you, they're probably *interested* in you as a person, either *socially* or *romantically*, or in what you're saying or doing.

Remember: Feet usually point in the direction they want to go.

If someone's feet are pointed toward you, that's good. If they're pointed away from you, rethink what you're saying or doing.

#3 Hack: What do you think is the most valuable skill a person could have?



One of the most valuable skills you can learn is knowing how to carry a good conversation. Many people are awkward or blame the other person for being boring.

How do you do this? Below are a few tips you can easily use every day.

Don't Kill the conversation, Kiss it!

Keep the conversation alive by **keeping your conversations efficient** (Keeping It Short and Simple). Remove any filler words such as um, uh, er, ah, like, okay, right, and you know. Instead, use pauses which make you sound more confident and more intelligent.

Thread your conversations together - branch off into different topics.

*Example of a Conversation Thread: My **business partner** and I were **mountain bike riding** in **Colorado**. It was so beautiful. I've always wanted to **move to the outdoors!** It's because **I love nature** so much and **not being around too many people**.*

The **bolded words are the conversational threads**. They're topics you can use to extend the conversation.

How could you extend the conversation? Say this: *"I've always wanted to go to Colorado! What is it like?"*

Boom!! ... Conversation extended and improved.

If a conversation dies, don't beat yourself up. If the conversation isn't going well try branching off. Choose a piece of detail you like and talk about it.

So, try these methods and continue putting yourself out there to have conversations. That means, Keep Talking and Keep KISSing!



#4 Hack: What are the best open-ended questions to ask a stranger?



When starting a conversation, you should always strive to be unique, interesting, and genuinely interested in the person you're talking to. It's also important to be comfortable and authentic.

Challenge yourself to go beyond the generic and safe questions such as, *"Where are you from?"* or *"Where did you go to college?"* type of questions.

Strive to impress people with above average questions so you can keep the conversation going, and going, and going. You get the point.

Adjust and adapt your conversation starters based upon who you're talking to and what kind of social context you're in.

*But always know, open-ended questions are your friend.

Having an interesting conversation is the goal! Don't be afraid to dive deep and learn something new.

There are **thousands** of ways to start a conversation. But below we have some of the best conversation starters (In our opinion).

Fun conversation starters - Make things interesting.

1. *What is your favorite Netflix show? Tell me about it.*
2. *What are some of your future travel plans?*
3. *What type of music or songs puts you in a good mood?*

Deep Conversation Questions. Get to know someone better.

1. *What are some personal projects you're working on?*
2. *What are you looking forward to this weekend?*
3. *Tell me more about your family? What was it like growing up in [location]?*

If you're feeling adventurous. A few funny conversations starters.

1. *What would your theme song be while walking to work and why?*
2. *Which celebrity would you have dinner with and why?*
3. *How many days do you think it takes you to scroll a mile on your phone?*





Conversation Starters to Use At A Networking or Happy Hour

- 1. Have you tried any of the food? What's good here? What do you recommend?*
- 2. What did you get done today at work?*
- 3. I'd love your input on this. Should I have [appetizer #1] or [appetizer #2]? It's the most important decision I've had to make today.*

Casual Conversation Starters. Build a bond with the people you meet.

- 1. How's your [day/night] going? Going as you expected?*
- 2. Do you have a go-to conversation starter for these types of events?*
- 3. Did you hear about how some dinner party hosts are banning small talk? What do you think of that?*

Lastly, sometimes the most powerful way to start a conversation is simply saying, “Hi, my name is _____”. Then **have an open-ended question ready to go** and you’ll start the greatest conversation of your life.

#5 Hack: How can I become smoother and more charismatic?

People who are charismatic have one thing that separates themselves for 75% of people ...



It's just one simple thing that can easily transform you from shy and awkward, to charming everyone you meet.

The one thing that separates them is ... **They're Genuinely Interested In EVERYONE they meet.**

Charismatic people dive deep into who they're talking to. They're very good at small talk *but* go beyond with open-ended questions, finding the emotional strings to pull on.

Charisma is beyond surface-level questions such as *“Where are you from?”*, *“What do you do?”*, Or, *“What college did you go to?”*

Charismatic people ask questions that make people feel important and feel good.

Charismatic people say, *“Tell me more about that.”* Or, *“How did that make you feel?”*

Dale Carnegie said it best, *“You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you.”*

There is always something genuinely interesting about what somebody is doing

All you need to do is to pursue what you find interesting during the conversation, ask more questions and continue that conversation. You’ll then be able to build a greater connection which can open up more opportunities.



The Finale!

Practice these ideas every day and experience as many conversations as possible.

Step as far as you possibly can outside your comfort zone. Most importantly, have fun! Take this as a challenge and an opportunity.

Show us that you can make it happen. **We believe in you.**

