

Meeting New People: A Battle Guide for Introverts

Now, it's time to dig deep and learn more about yourself. Try to find a quiet place so you can spend some time reflecting on the questions. Share your honest thoughts here – there's no judgment or right answer. You are free to journal, brainstorm and doodle in this space.

[From: Do I Really Have To Network In Person?]

Journal Your Thoughts

1. What do you fear about networking in person?

2. It can be helpful to think about what your goal is for networking in person before you decide on an event or conference to attend. What is it that you really want from networking? Do you want to find new JV partners? Talk to an industry leader? Connect with potential clients?

3. What external obstacles are holding you back from networking in person? How could you work around these obstacles?

[From: Choosing Events That Stress You The Least]

Journal Your Thoughts

1. What events are you considering attending? How will these events help you grow your business?

2. Which niche influencers will be at the event? What will you be learning while you're there?

3. Do you have a plan in place to follow up with other attendees? This could be something simple like an email a few days after the event or a follow up phone call to discuss a project you want to partner on.

[From: Watch The Vibes You're Sending]

Journal Your Thoughts

1. When you're in social situations, how often do you pay attention to your body language? What are some ways you could improve yours so you seem more approachable?

2. What accessory could you wear to a networking event to give your confidence a boost?

3. Make a list of 3-5 small talk snippets you could use to start a conversation. (For example, complimenting the other person on their appearance, asking where they're from, etc.)

[From: Create Situations That Suit You]

Journal Your Thoughts

1. Are big events or small ones more your style? Why?

2. Who do you want to connect with at your next networking event?

3. Make follow up plans if you connect with someone you really like. Your plans might be something simple like hanging out on Skype in a week. Or they might be bigger like launching a product together next month. Write down who you're following up with and why.

[From: Have A Plan For Retreat And Recovery]

Journal Your Thoughts

1. What are three things you can do to relax between sessions?

2. What are your limits when it comes to socializing? How long do you typically socialize before you need time to step back and process?

3. Music can help you distress. Make a relaxing playlist that you can listen to if you need time away. What songs would you include?
