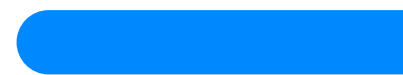




HOW I WENT FROM WALLFLOWER TO SOCIAL BUTTERFLY

**HERE'S
HOW I DID
IT AND
HOW YOU
CAN TOO**



02

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Don't make a living, design a life!

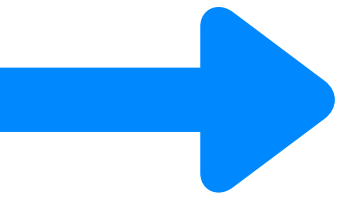
awareness



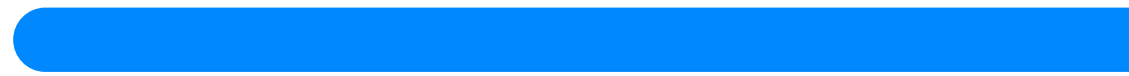
Awareness is almost always the first step in changing anything.

We often deny, or worse, avoid our problems, which all but ensures our problems will stick with us.

Solutions lie in the acknowledgement and active engagement of our problems, as Mark Manson would say.



learn



Seek out resources from people who ought to know.

Read "Captivate: The Science of Succeeding with People" by Vanessa Van Edwards. Listen to Vanessa on Growth Mindset University (GMU) at JordanParis.com/ep113. Read "How to Win Friends and Influence People" by Dale Carnegie. Read "The Laws of Human Nature" by Robert Greene. Hear Robert on GMU at JordanParis.com/ep177. Learn body language from Chase Hughes and Mark Bowden (JordanParis.com/ep171). Learn how to network from Jordan Harbinger (JordanParis.com/ep131) and David Burkus (JordanParis.com/153).

Learn like your life depends on it. Take notes on what works and what doesn't work. Keep a journal.

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05

Test what you've learned.

Theory only goes so far.

Experience is the best teacher.



test



lifestyle



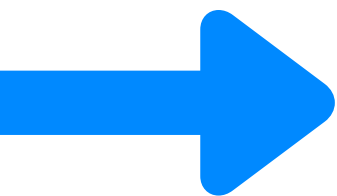
Get your lifestyle in check.

Perhaps your awkwardness is merely a symptom of a larger problem (drinking problem, money problem, etc.)

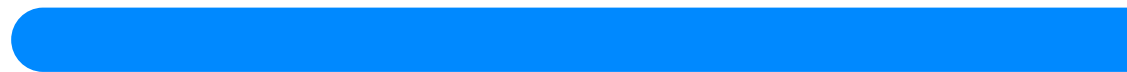
If your life is a mess, your interactions and relationships will also be a mess.

A messy life is like a strong stench that doesn't go away with cologne. It requires fundamental changes to be made.





dress




Dress to impress!

Get clothes that fit well and make you feel good.

Look good, feel good.

By extension, be well groomed and, of course, practice exceptional hygiene.

say it

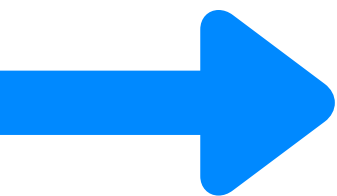


Stop second guessing yourself and what you are about to say. Ignore your inner critic at all costs when in social settings.

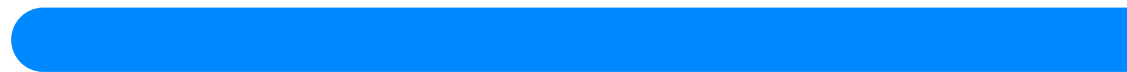
Just say it without any reservation, and then smile. Odds are the other person will smile right back at you.

If it's a joke, smile and laugh. Odds are the other person will smile and laugh too, and your feelings of loneliness will begin to fade as you create new, meaningful connections.





own it



Take responsibility for your interactions.

See the way people treat you as largely flowing through you; you can control it.

Act as if nobody is going to help you out. You have to fend for yourself. You have to be the conversation starter.

Everything begins and ends with you.

Do not use the excuse "she/he sucks" if an interaction does not go well. Own it.



10

Alleviate the pressure.

You don't need to be "on" all the time.

If you don't rise to the occasion and be a social butterfly every single time, that's ok.

At my core, I'm an introvert. Sometimes I like to say less and observe more.

You'll always have another shot at socializing.

relax

**Feeling
isolated?
I'm here for
you. Really.**

Message me today!

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