Pulling Conversation Out of Thin Air

Observation Exercise

The goal of this exercise is to realize that there are conversation starters around you at all times.

1. Get an egg timer and set it to 30 seconds
2. Start the egg timer and for 30 seconds, look around the room and say out loud the “things” you see around you. For example: Mug on table, picture of a girl in a dress on the wall, picture frame with picture of family in it on the shelf, lamp in corner etc…
3. STOP when timer goes off
4. Next set the timer to 60 seconds
5. Start the egg timer and for 60 seconds go back the items you observed and attached a story to each of them.
   a. Make sure each story includes: a clear description and an active emotion (an active emotion is what the emotion that gets triggered in you when you talk about the item. This is what women latch onto).
   b. For example: The mug on table. Description - My sister got that for me in Hawaii when she went there last summer with her husband.
   c. Active emotion- I have to admit it felt really nice that my sister thought of me while away on vacation.
I want you to start looking at the world by constantly making observations and attaching stories to the observations. Use your own experiences to help construct these stories.

Example: When walking outside at lunch notice 10 things around you and figure out which story/experience in your life can be tied to that observation. Do that every day this week and try to increase the speed at which you do it each time. i.e. The bookstore across the street.

“I remember buying a copy of ‘Atlas Shrugged’ from that store as it was on a discount, now Ayn Rand is my favorite author.”

EXTENSION EXERCISE: Go sign up for an improvisation class.

Improvisation classes help you learn to use your imagination and pull conversation out of thin air. BUT most importantly they teach you how to lead conversation so that you can pull others into your world.

When I was younger I signed up for an improvisation class and fell in love with it. It was fun, I pushed myself and I expanded my brain to a level where I am now able to create conversation at the drop of a dime.