

## Get A Life & Get Out There Workbook

Being social can often be challenging because it requires effort and action AND putting yourself out there.

This can often be a very challenging week for many people. The key is to understand that if you can't put aside 1 night a week to being social, then you must do some heavy readjusting of your life. I understand that life can't always be fun, but if there is no fun in the mix, then you're just living life to work. And women do not want to share a life with someone that lives their life to work and can't see the fun side.

This workbook is going to help you get very clear on the social life you want. It's also going to help you plot of your path to actually getting that social life.

It's time to get active in activating your social life.

### Start Here:

#### 1. Get Committed

A. How often are you COMMITTING to going out and getting into social environments?

**Your Answer: I promise to commit \_\_\_\_\_ days to being social.**

B. What days of the week?

\_\_\_\_\_

I suggest a minimum of 2 nights per week to dedicate to being social and 1 weekend day.

For the next 4 weeks, while completing this system, it will be your responsibility to fill these times with social activities.

**Rule:** Every week should include 1 social activity.

If you are a single parent, then plan in advance and have 1 night where you have a social night every week so you can get a sitter or make arrangements. Even if that one night is spent just relaxing you will be getting something out of it.

C. What is your budget for being social?

I can spend \$\_\_\_\_\_ /week on being social

## **2. Social Brain Dump**

A. It's time to do a social Brain Dump!

Grab a paper and pen and write down every hobby, group, activity and thing you are interested in trying/doing. If you have a wipe board even better.

When you can't think of anymore, stop writing and leave the list alone.

B. *Can't think of anything you want to do?*

### **Suggestions:**

Running club, improvisation classes (Wing Girl Approved), Painting, Dancing, Volunteering, Reading, Cross Fit, Yoga, Adventure Sports.

**C. BONUS:** Select 1 activity that, in the past, would never appeal to you. Something that is totally out of your comfort zone and something you would typically not do. I want you to expand your beliefs about yourself.

Just because, at this time, you don't see yourself taking a white water rafting adventure or a tango class, doesn't mean you won't enjoy it. PLUS, it's a great conversation starter. Remember, the more things you experience, the more you have to share, the more you can talk about and the more interesting you become. Get comfortable with being uncomfortable!

Still stuck? Ask 3 people in your life to tell you what they would like to do and then try those things if they peak your interest.

**D. BONUS:** You can use your activity search as a question to ask in your Approach Ladder for this week. This is called a Mission Statement.

I will discuss this in greater detail on week 4 but for right now use your mission of searching for activities as a way to start conversations.

“I’m trying to find a new hobby because I want to challenge myself but nothing is popping out at me. What do you do to challenge yourself?”

### **3. Search & Select**

Narrow down your list to your top 10 items and start searching for activities, groups, hobbies, things you want to do in and around your area. Spend 1-hour max doing this.

#### **Search Sources & Tips:**

A. Meetup.com – Great source for founding activities and groups in and around your area. You can do a general search using your zip code OR you can narrow it down by activities.

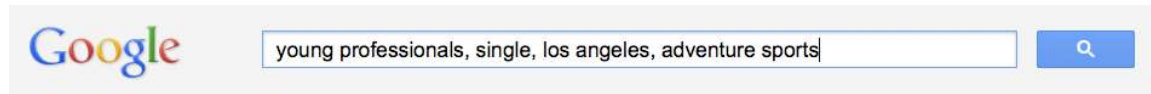
B. Craigslist.com – This used to be a good source and still can but it requires time.

C. GTS – Ever heard the term Google That S\*&T? Well it’s commonly used when people ask question and the common response is GTS (Google That S\*&T). Everything can be found online.

You can find anything on Google but you want to be very clear on what you are

searching for. Example:

If I am 27 year old, young professional wanting to interact with other singles who enjoy adventure sports in Los Angeles search:



TONS of stuff will come up. It's up to you to research and see what catches your eye.

You may not like every group that you find, but you never know till you get there. Try it, see if it's you. If not move on. If yes then amazing!

D. Search Singles Activities – You typically want to go where the singles are so what better place to go than single events: speed dating, mixers etc...

Remember that each person you meet does not have to be potential for dating; they could be a path to meeting another great person. Broaden your social circle.

E. Start Your Own Group - Not finding the group you want? Means other people may be having the same difficulty. Best way to step into a leadership role is to become the leader. Start a group and let people know about it.

F. Throw Your Own Events – I am pretty sure you have a pool of great people around you so step into a leader role and start throwing your own events and pull those people together. Dinner parties, pot lucks, poker nights, happy hours for the office, comedy nights, game nights.

G. Friends With Benefits – There is nothing wrong with asking for a little assistance sometimes. So start benefiting from your friendships and start asking them to hook you up. You are only 1 person and you have to cast a wide net.

Ask 5 friends you trust to introduce you, set you up with their single female friends.

Once you are done fully exploring all your options. Select the activities/events/groups select 4-10 that you will do/attend. Do not select ones that are the easiest, select the ones you really want to do.

#### **4. Map It Out**

Map out your social calendar. If you don't have a calendar, you can use a free online calendar resource like:

<http://www.keepandshare.com/>

Plug in dates and times of events for you to attend over the course of the 4 weeks. You will continue to use this calendar after the program is completed.

\*Select 1 day a week that sets aside 15 minutes to find new activities.

#### **5. GO TO THE EVENTS ;-)**

Now that you've found the events you have to go to them. As a rule, anything that is in your calendar you MUST do. All of us would rather sit at home and watch TV instead of go out and put ourselves in awkward situations.

But you know what happens with most awkward situations? A good story or evening comes out of it. Actually going to attending is the hardest part. It's also the most rewarding. It's where your social life begins.

#### **6. Get Interesting**

Subscribe to a publication like the week or you can get it for free at

<http://www.theweek.com>.

Magazine like the week pool together news from around the world and discuss many topics.

I like this because it gives little summaries about what is going on. Add this to your social calendar that each day you will go onto the site and read 3 stories on it. This is how you gather up information to share when you go to your social events.

Not sure what to say to people? Tell them about something you read and ask what they think about it. Listen to them. Let them know your listening and then let them know what you think.

I talk about this how to talk to people/women in greater detail later in the program. I'll introduce you to a system called OSA. Observation, Sharing, Ask!

Congrats on completing the workbook!

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