

Cheat Sheet

HOW TO MAKE PEOPLE FEEL GOOD AROUND YOU

1. Use the other person's name

People love hearing their name. Using someone's name helps you remember it and makes the other person feel more comfortable around you. When people hear their name they turn towards whoever is speaking to them. We are programmed since childhood to give attention to someone who is speaking our name.

2. Stop talking and listen to what the other person is saying

Ask questions. Express interest in their life and repeat back things they say to you. This shows them you're actually listening and involved in the conversation. Don't forget to add value to the conversation and try not to gossip.

3. Give a genuine compliment.

This shows 3 things: You're someone who notices things. You're kind. You don't feel threatened by the success, beauty or luck of others. If you are not the type of person who usually gives out compliments, I challenge you to try giving one new person a genuine compliment each day for 1 week.

4. Complain with caution.

Things happen and you will end up having to vent to a friend. Don't vent to a stranger or new acquaintance. Don't make every conversation you have with people all about complaining or venting on your end. If you feel like this is happening then stop talking about that part of your life. Try to add positivity into each conversation instead of using it as a chance to get people to listen to how bad your life sucks right now.

5. Give your undivided attention

This one is easy. Put down your phone, make appropriate eye contact and don't interrupt. Work on it! Put your phone on silence. Turn off notifications on social media. Do whatever it takes, I promise your relationships and communication skills will be so much better!