

# Fearless Flow Conversation And Confidence System - Excerpt

## Stage 3 - Challenge Goal: Eye Contact Runs

Make passing eye contact with strangers as you pass them while walking.

- Pick somewhere lots of people are walking around. The street or a mall for example.
- Just walk and as you get about two car lengths away from someone, start looking at their eyes.
- Have a slight smile on your face as you do this.
- Keep looking at their eyes until they either look back in your eyes or you pass them.
- When they do meet your gaze, just give a slight nod. Then you can look away (to the side, not down).
- Keep walking. You don't have to stop or try and talk to them.
- If you can't bring yourself to look anyone in the eye at first, that's okay. Just keep trying.

Additional Notes:

When you do this eye contact run, have a goal of making eye contact at least 6 times. So each time someone meets your gaze, even if it's a brief glance, that counts as one time. They don't have to smile, they don't have to give you much of a reaction at all. Just so their eyes meet yours. Whatever happens though, you just keep walking. You don't have to stop or try and talk to them.

The great thing about this exercise is, it makes you more bold at having eye contact with strangers. Afterward, you'll make eye contact more regularly with those around you.

Best of luck!

To Your Social Success,

Dean