Strategic Social Blueprint

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Part of the Fearless Flow Conversation System

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- **Basics**
  - Knowledge IS NOT Power
  - Knowledge + Implementation = Power
  - "Heard it already..."
    - **Need to put what you learn into action!**
- **Ancient Martial Arts Principle**
  - **Wax On Wax Off**
    - Repeatable Exercises/Challenges
    - Focus on 1 or 2 Skills/Mindsets
    - Gradually ramp up "intimidation factor"
  - Bruce Lee
    - *"I fear not the man who has practiced 10,000 kicks. I fear the man who has practiced 1 kick 10,000 times"*
  - Example: Eye Contact Exercise
    - Somewhere w/ people casually walking around
    - Look at their eyes starting 2 car-lengths away (slight smile)
    - Keep looking till they meet gaze or you pass them
    - Goal: Eye contact with 5 people
    - Mindset
      - *"I have the right to make eye contact with who I want. If they don't like it, so what?"*
- **Awesome-Sauce**
  - Less Hesitating to Talk
    - Confidence to approach
  - Less Feeling Awkward or Left Out
    - Others give you benefit of doubt
  - Less Lonliness
    - Ability to be real builds rapport & friendships
  - Less Feeling Crushed / Embarrassed
    - New attitude attracts others to you
- **Big Catches**
  - Feeling YOU can't do this
    - Just your Limiting Beliefs
    - Get there gradually
    - THIS process starts from where you are
  - Tried to improve but failed
    - Because of "bad advice"
    - Need a proven process / strategy
  - Seems unnatural
    - Mimics natural way to build skills / confidence
    - Just MUCH faster
  - Too much work / Overwhelming
    - Exercises make it easy and step by step
    - Don't need perfection!
    - Just 10% better = big results