



Let's Get Social, Again! Show Notes for The Fun Road Podcast:

Being social is a lost art form, and we are going to show you how to get it back.

When we think about the word social, what stick out in your mind? Probably any form of social media that you use. There is no denying that social media is a huge part of our culture, and while we all enjoy and use social media, the overuse is ruining our relationships. Turns out that the thing that was created to make us more social and interactive, is actually making us less of both. They are missing those deep rooted connections.

Friends and followers on social media are not the real world. In our last podcast episode, we teach you an exercise where you envision a circle of friends you want in your life. It most likely is a small group, and not a group of 300 people you may or may not know. Interesting, right? The people you scroll past on social media-you know about their life. But what do you know about them? Do you see the difference?

Don't worry, we have a solution for you! If you're looking for ways to connect, you've come to the right place! We want you to try something. Try talking to a few new people this week, whether that be in the grocery store, in line at the movies, at the gym, wherever you go. Think about a unique question, not a surface question (we explain all of this in the episode, don't worry!), and watch your perspective change on how easy it is to build that connections.

Being interested in someone else instead of talking about yourself will build trust with that person. It will build real connection, make you new relationships, and revive the relationships you already do have.

We will give you all the tools you need in this episode! So sit back and relax. Let's connect!

Get more information on www.thefunroad.com

