

# Talk to Anyone with Confidence

Have you ever wanted to talk to someone... but your mind went blank?

You're not alone. Many people struggle with starting conversations.

But confidence in social situations is a skill — and skills can be learned.

First tip: Start simple. A smile and a small question like 'How's your day going?' can open any conversation.

Second tip: Listen more than you talk. People love being heard.

Third tip: Don't aim to impress. Aim to connect.

Remember this — every confident person you see today was once shy.

Confidence grows one conversation at a time.

So today, challenge yourself. Talk to one new person.

Your future confident self will thank you.