

How to Make Friends and Influence People

Read Dale Carnegie's - Secrets of Success

Confidence & Communication

Talk with 3 types of people and be prepared to talk about the experiences

1. Acquaintance/classmate (someone you are familiar with but don't talk with very much)
2. Acquaintance/schoolmate (someone you know by sight but never talk with)
3. Complete stranger (someone you've never met or spoke to before)

Overcoming worry - 2 things to do about worrying

1. If there's something you can do to change the outcome, do it!
2. If the outcome is inevitable and can't be changed, stop worrying about it!

Practice the fast Bo strikes