

# Better Small Talk

by Patrick King

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A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

**01 Do the 'two truths and a lie' opener at your next social event**

Disarming, funny, and creates immediate disclosure. It signals that you are comfortable with a little vulnerability - and that makes others comfortable too.

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**02 Replace 'what do you do?' with 'what's your favorite part of your week?'**

This question is specific, positive, and opens into any domain of life - work, family, hobbies, rest. Far better than "What do you do?"

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**03 Practice the 'yes, and' conversation rule for one full week**

Never shut down what someone shares. Build on it. This single habit transforms the quality of every conversation you will ever have.

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**04 Identify and learn your 'conversation anchors'**

Have 3-5 topics you are genuinely passionate about. These are your anchors - they guarantee you always have something real to contribute.

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**05 Call someone you haven't spoken to in 30 days**

Not to catch up, but to practice sustained conversation. Aim for 15 minutes of uninterrupted, genuinely interested dialogue.

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**06 Practice strategic silence after someone finishes speaking**

Resist the urge to immediately fill space. Count to two before responding. The silence often draws out the most interesting part of what they were going to say.