

How to Talk to Anyone

by Leil Lowndes

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 Practice the Flooding Smile with three people today

Lowndes: resist the reflex to smile immediately. Look at someone, let your gaze settle, then let the smile build slowly. It feels unnatural at first and irresistible to them every time.

MON TUE WED THU FRI SAT SUN

02 Use someone's name in the first 30 seconds - and again as you leave

Lowndes: two touchpoints create anchoring. Opening with their name says 'I see you.' Closing with it says 'I remember you.' This combination rewires how people feel about an interaction.

MON TUE WED THU FRI SAT SUN

03 Try Parroting in your next conversation: echo their last 3 words as a question

Lowndes: if they say 'I've been really stressed at work lately,' you say '...stressed at work?' That's it. They will elaborate, go deeper, and feel deeply heard - all from three echoed words.

MON TUE WED THU FRI SAT SUN

04 Adopt the Bigbucks Posture for 2 minutes before your next social event

Lowndes: shoulders back, spine tall, weight balanced, slight smile. It changes your neurochemistry before it changes your appearance. Your body leads your mind into the room.

MON TUE WED THU FRI SAT SUN

05 Give one specific, observation-based compliment today - never generic

Lowndes: 'That was a sharp question you asked' beats 'You're so smart.' Specificity proves you were actually paying attention. That's rarer and more meaningful than any compliment.

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06 Hold eye contact exactly one beat longer than feels comfortable

Lowndes' Sticky Eyes technique: the extra second signals that you're genuinely present. In a world of distracted half-attention, this small act of presence is magnetic.