

How to Find Some Friends.

Rejection is just a nine-letter word.

Remember when you were in elementary school and had a crush on that special someone? You got that tingly feeling in your heart and maybe stammered a little when talking to your crush. Then, you simply went for it. You asked. No matter the answer, we found that all that emotional build-up we put ourselves through wasn't necessary. You were proud of yourself for asking. Period.

- **Valiantly and fiercely disembodied** from your fear of rejection. Think of a confident and successful person you know. They probably cast their fear aside in the name of progress. It's about doing the right thing for the right reason.
- **Our approach to asking determines** if the other person will listen to WHY we're engaging them. The WHY is an expression of your heartfelt passion – and we all want people to listen to that.
- **Go the less imposing route.** Ease in. Start at your inner circle – your sphere of influence. Casually bring up one of your Optimist Club activities and how good your experience enlivens, invigorates, and enlightens your life.
- **Once you're comfortable** converting your pride into conversation while leaving your ego behind, your disposition, body language, and candor will champion your approach.
- **Wake up not to get, but to give.** Today, be aware of opportunities to share your innate talent and unique insight.

We encourage the use of a "Hello, my name is" nametag to help break the ice. It's ok. Go ahead and introduce yourself.

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