

“Isn’t that exciting, to live your life knowing that there are so many incredible people and connections and experiences, just waiting for you to turn and say hello?”

All you have to do is be the one to say hi to whoever is around you.

All you have to do is go first. It makes all the difference.”

Mel Robbins

Hello

WHY NOT BE THE FIRST TO SAY IT

Let’s be honest, it takes effort.

Sometimes you really can’t be bothered. You’d rather blend into the background. Or just thinking about striking up a conversation with a stranger could send you into a cold sweat.

I’ve felt like that in the past.

But the more I’ve stepped out of my comfort zone, the easier I’ve found it becomes.

A random comment (yep, I’m pretty good at those 😊) while waiting to pay in a shop, or a quick chat while making a cuppa at work, has led to some fab conversations, and some unexpected connections with brilliant people too.

So I’m with Mel. The more people you speak to, the more doors quietly open. Maybe talking to you is just what that person needs.

Why not say hello to someone today and see where it leads.