

SOCIAL CAPITAL

MODULE ONE : TOPIC 3 VIDEO 4

Worksheet

Applying Your Social Capital

ART OF CHARM

WORKSHEET

Applying Your Social Capital

Which two people are you going to introduce each week for the next four weeks. Fill out this commitment below as well as schedule a deadline in your calendar at the end of your week.

WEEK 1:

Names	1	
	2	

WEEK 2:

Names	1	
	2	

WEEK 3:

Names	1	
	2	

WEEK 4:

Names	1	
	2	

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Great, now remember to schedule it in your calendar at the end of the week.

Utilize technology of sharing to individuals,

What are you going to do in order to share articles, ideas, or posts with people. List at least 10.

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Do 5 right now for the next 5 minutes just so you get the hang of it, and set a reminder at the end of tomorrow and the end of the week to check yourself. Hold yourself accountable

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More attention on other's feelings.

Ask 10 people today over text, or any other communication method how they are doing, and try to be attentive to them, and their needs. Asking "Anything I can do for you today?" is a great question to ask after you're in the conversation.

List the 10 people you're going to reach out to today in writing, so you're committed in writing, which is much more powerful than the mind.

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Applying Your Social Capital

Lastly, make a list today of places you could look for opportunities to connect with new people or current relationships where you can demonstrate what you've learned in this module.

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	