

## I ENJOY MEETING NEW PEOPLE

Everyone was new to me at some point, even my own parents! If I want to make new friends, find a new partner, or increase my social circle, I must be willing to meet new people.

Fortunately, all the people I could ever need are all around me.

Each person is unique, so I know that it is silly to expect everyone to like me. I accept that some people are a better match for me than others. It can take a few failed attempts to find the right person that matches my personality and lifestyle. My ego is strong and unaffected by any sort of rejection.

I just keep meeting new people until I find the right ones for me!

Each new person I meet might become an important person in my life. This is exciting to me. It is like winning the lottery.

It costs me nothing to meet someone new, but the rewards can be astronomical.

I feel comfortable meeting new people. I find people interesting and enjoy learning more about them. I am also comfortable and confident allowing others to get to know me. This is how friendships start.

Each day brings the opportunity to meet my future best friend.

Today, I am open to meeting all types of people. I am confidently meeting others and making new friends. I enjoy meeting new people.

## REFLECTION QUESTIONS

**1**

What are some strategies I can use to feel more comfortable meeting new people?

**2**

How can meeting new people potentially enrich my life?

**3**

How does having a strong ego help me handle rejection when meeting new people?