

Day 2 - One Meaningful Conversation

It's really easy to get caught up in funnels and ads and social media and forget that the number one thing that we're doing when we're marketing (at least the right way!) is having conversations with people. It's how we function as social beings, even if we're introverted.

The more conversations you have, the more connection you build, and the more comfortable you become with having conversations!

Today's action step?

Start or join one meaningful conversation today. This could be:

- Commenting thoughtfully on someone's post
- Reaching out in a DM or voice message
- Responding to a story or message
- Having a real chat in real life - maybe at the clinic, a cafe, or at the health food store

When in doubt? Simply say something kind, curious, or helpful to someone today - even if it's got nothing to do with business. You're planting seeds & setting good intentions.

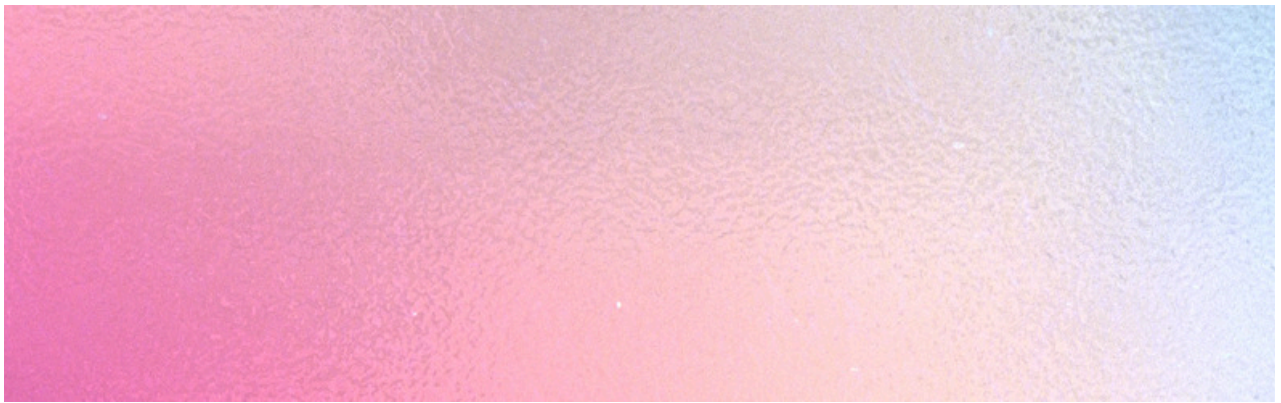
Still stuck? Jump in the [Whatsapp group](#). You can talk with us, and we can cheer you on + share the confidence to have the conversation elsewhere!





How do we find + engage in conversation? I got you!

Where do your ideal clients hang out or open up?



What makes a conversation feel real and good - aka not like networking?

