

Monthly Recap

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Do you ever talk to strangers? Do you ever go out of your way to have a conversation with someone you don't know for the sole purpose of learning something about them?

This, in my opinion, is one of the most powerful explorations we can do. We know so little about people. As a society, we are constantly misunderstanding individuals. A facial expression, a limp, a smell, an old coat, overgrown facial hair, a corksy laugh. All these little minuscule things can make us look away at times.

I hope those of you reading this that "look away" take a moment and step towards that unfamiliar territory of talking to a stranger. What happens when we don't look away? I can tell you what I think happens.

When we don't look away we have the ability to enrich our lives. We have an opportunity to strengthen our mental health. If you are a regular reader of my column you can probably guess the other thing that may happen. You will GROW OUR COMMUNITY! I wouldn't have probably 30% of my community if I didn't have "random" conversations with people. Some of you may think this is a bit weird and that's okay. Some of my best conversations have happened with the person beside me at a sit-up bar, the passenger on the airplane sitting next to me, or the individual occupying the table next to me at the local coffee shop.

Many studies have proven that people who have satisfying relationships with others are happier, and have fewer health problems. You might have read that statement and thought I have plenty of relationships in my life, and what are the chances of obtaining a new one from talking to a stranger? Trust me it happens. It happens to me all the time.

I will share with you what I feel when I make a new connection with a stranger. My life is enriched. When I take the time to learn about someone else's journey, feelings, emotions, and experiences it allows me to grow, and my community expands.

Everyone you meet in life gives you a gift. It may be a story, a lesson, a joke, or a helping hand. We all have the ability to impact the lives of others. Sometimes it all starts with a small conversation over something silly like the weather.

I encourage you to try it. Next time you are somewhere alone and in a safe environment step outside your comfort zone and meet someone new. You never know where the conversation can lead you. I would love to connect with you. Please reach out to me and let's share stories! samantha@creativecommunitypromotions.ca



"Do one thing every day that scares you."

- Eleanor Roosevelt

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