

The Not-At-All-Awkward Small Talk Scavenger Hunt

Get more comfortable with small talk by practicing in these small but impactful ways. Over the next month, see how many you can check off.



Say hi to your local barista

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Strike up a conversation with a stranger during your commute

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Ask someone for a recommendation

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Give someone a compliment

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Find a way to bring up your small talk "sweet spot"

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Tell someone you enjoyed talking to them

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Chat about the weather, willfully!

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Invite small talk—keep away from tech!

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Have chit-chat with a neighbor

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Practice small talk at work

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Ask someone about their weekend plans

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Share a recent favorite (book, movie, podcast, etc.)

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Smile at a familiar face

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Ask someone about a recent trip they took

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Share a laugh with a stranger

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Meet The Expert

Miriam Kirmayer, PhD

Clinical psychologist, leading friendship expert, and one of the most influential speakers on human connection and social support.