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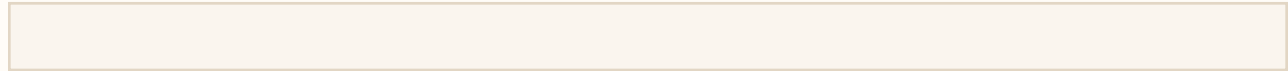
COLD APPROACH GUIDE

The 3-Second Approach

Stop walking circles around people. Start a conversation with anyone, and leave it on a good note.

STEP 1 | START HERE

Watch my quick walkthrough first



Loom video link

Your brain thinks it's a lion

Fear of rejection sets off fight, flight, or freeze. But it's a person at a coffee shop, not a predator. The longer you wait, the louder your brain gets, so move within 3 seconds. Confidence comes after the rep, not before it.

1

OPEN

See something, say something, or ask their opinion. Don't memorize lines.

2

BODY

Come from the front or side. Open palms, voice at 6/10, end on the down.

3

THREAD

Ask about their answer and share a bit of yours. Turns of 20 to 35 seconds.

4

EXIT

Leave on a high. Not into it? Smile, thank them, go. Always respect a no.

Exit lines that leave it on a good note

01 "Anyway, I'll let you get back to it. Good talking to you."

03 "Let's keep in touch. What's your Insta?"

02 "I've gotta run, but this was fun. See you around."

04 "Thanks for settling that. Have a good one."

Start where you are, climb when it's easy

Progressive overload, same as the gym. Do 3 reps at a level before you move up.

L1

Ask a stranger for the time or directions

"Hey, do you know if there's a good coffee place near here?"

☐☐☐

L3

Give a genuine compliment and walk away

"That jacket's clean. Have a good one." Then keep walking.

☐☐☐

L5

Start a 2-minute conversation

"Settle a debate for me. Is this place better for coffee or food?"

☐☐☐

L10

Approach someone you're interested in

Same steps. Open, body, thread, exit. Respect whatever they say.

☐☐☐

tick one per rep

Before your first one

- 1 Box breath: in 4, hold 4, out 4, hold 4.
- 2 Pick your opener from what's in front of you.
- 3 Count 3, 2, 1 and walk. Don't let your brain vote.

Every no is proof you're in the game. We celebrate rejections in the community.

Rep, review, adjust

Fill one in right after each approach. Practice makes permanent, so fix one thing each time.

APPROACH 1

Level and where

My opener

What worked

What I'll change next time

APPROACH 2

Level and where

My opener

What worked

What I'll change next time

APPROACH 3

Level and where

My opener

What worked

What I'll change next time

My rejection count this week

Highest level I hit

Want me to review your approaches and tell you exactly what to fix?

Get more help inside our community

Join now