**Breaking Out of Your Introverted Shell**

Simple Things You Can Do to Be Less Introverted

1. Spend more time with others. Allow their energy to re-energize you.
2. Speak up. Think out loud. Give your thoughts a voice.
3. Go inside to do business you normally would do through a drive-up window such as your banking, picking up prescriptions and ordering fast food.
4. If you hide behind a keyboard and email. Pick up the phone and make at least one call for every 5-10 emails you send.
5. Ask an extrovert friend to help you plan how you can become more social and then hold you accountable for taking action.
6. Talk to coworkers you normally don't speak to. Learn at least one new thing about each of them.
7. Plan ahead. Anticipate how you will interact with others. How you will respond to common questions. How you will respond to uncomfortable situations.
8. Practice before a mirror, or better yet, in front of a video camera until you feel more confident. If you do or say something awkward in public, it's fine. Don't sweat it or beat yourself up about it. Most people won't even remember it by the following day.
9. Join that extrovert friend at a social event. Watch how they socialize and mimic some of their actions.
10. Draw on your personal strengths and step out of your comfort zone with those first. For example, if you're great at painting, attend or host a class on painting and offer to share your expertise with students. Or offer to guest teach an art class at your local public school.
11. Get out of your own head. Stop using being an introvert as an excuse. Choose to be confident. The more you practice, the easier it will be to break your introvert habits.
12. If you have a passion, try to inspire others to feel that passion too. Show your passion openly and be proud of it.
13. Take small steps but take action. If you attend a social event and feel the need to leave after an hour, don't feel guilty. Next time strive to stay an hour and a half. Regular exposure even in small doses can lead to big results.
14. Skip the small talk and strive to have more meaningful conversations.
15. Accept yourself for who you are. Those introvert feelings are perfectly okay. Just try to step out of your comfort zone some too.