



The A++ Three Step Method  
 FIVE WAYS TO SAY IT!  
 Part 1 A++ Basics

- 1) I'm reserved. 2) I'm shy.  
 3) I'm bashful. 4) I'm reticent. 5) I'm not very talkative.

Examples!

Number	A	+	+
1.	I'm not reserved.	I'm very curious about people.	I like to ask questions.
2	It's natural, at first, to feel shy speaking a foreign language.	As you gain confidence, shyness decreases.	That is when conversations become enjoyable!
3	Some husbands in the United States are not very talkative.	Their wives complain.	I hear it's difficult for these kind of men to change.

You do it!

Number	A	+	+
1.			
2.			
3.			

A++ every day and you'll be speaking non-stop anytime, anywhere!  
 Have a good one!

Sincerely,  
 Katie