

# Why Small Talk Isn't Boring

- It strengthens my social “default-mode” brain
- The purpose is bonding over information
- It's about communicating emotions and not my actual words
- Everyone I meet is a genius
- It's an opportunity to broaden my world
- It's an opportunity to learn something new
- It expands my brain
- It's fast and unpredictable
- It trains me to think on my feet
- It makes the world a better place