Twitter Thread by Lewin | Wealth Pill ■



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5 body language hacks you can use to 10x your confidence.

1. Eye contact.

Develop this skill to make your presentations stronger.

People who don't make eye contact are presumed

• Timid
• Shady
• Under tension

Maintain eye contact without staring.

Eye contact tips;

• Use 50/70 rule. Employ it 50% when speaking and 70% when listening.

• Hold your gaze for 4-5 seconds at a time

• Notice the sorrounding

• Start the conversation noting your partner's eye spot.

2. Quit fidgeting.

It's a coping mechanism to make you feel better during uncomfortable times.

Habits to stop;

• Twiddling your thumbs
• Jittering your legs
• Biting nails
• Cracking knuckles
• Twisting your neck

These signals shows social awkwardness

When you find yourself doing this;

• Learn to relax
• Fold your hands
• Tame hyperactivity
(reduce sugar and caffeine intake)
• Engage your hand
(write, use gestures...)

3. Master the art of smiling

Make people feel relaxed around you

Put a smiley face all the time

Make a genuine smile this way;

• Make corners of your mouth curve slightly
• Wrinkle your face near the eye lids
• Raise your cheekbone a little
• Make your lips spread out
• Relax your jaw

Put those around you be at ease

This will improve your likability.

4. Stand upright

Most people have under developed rear shoulder

This is why most slouch

A good posture is key to remaining energized

Improper posture can affect your health in the long term

A good standing posture entails;

• Let your chin up
• Set your leg apart
• Balance your shoulders
• Body weight evenly distributed

5. Fix your voice

How you say something matters 10x more than what you say.

When you're in a conversation;

• Pace your talk
• Avoid mumbling
• Pause where necessary

Take 10 minutes a day and improve your voice

Do this;

1. Write a paragraph. Make it long to take atleast 2-3 minutes

2. Split them into 2-3 syllable bite size chunks
ie.
Take a slash/ in-between/ each chunk/ and divide/ the whole/ paragraph.

3. Read it whispering. Each time you encounter a slash mark, stop, inhale and fill your stomach with air.

4. Repeat step 3. Now take pleasure in enunciating each word.

Do this to improve your vocal clarity, diction and presence.

You are the reason why I've to write everyday.

Feel appreciated my friend ■

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