

# How to Show Confidence Through Your Body Language

<https://www.youtube.com/watch?v=VRJzvJ5XPQI>

1. What one word describes someone who is supremely confident feels when they enter a room?
2. A confident individual uses gestures that are \_\_\_\_\_ and very \_\_\_\_\_.
3. According to the actress Helen Mirren, what is one of the most difficult things to learn? (6 words)
4. When we talk about confidence, it's so many things. It has to do with our \_\_\_\_\_. (1 word)
5. When confident people walk, they walk as though they are \_\_\_\_\_. (3 words)
6. The less confident that we are, the \_\_\_\_\_ that we make. (3 words)
7. One of the reasons why General Colin Powell has total command of a room is because he brings a tremendous amount of \_\_\_\_\_ and experience. (1 word)
8. Confidence can be very \_\_\_\_\_. (1 word)
9. People who can command a room, have a \_\_\_\_\_. In doing so, that command transmits outward. (3 words)
10. The other things that confident people realize is the \_\_\_\_\_ aspect of leadership. If you are in charge, you are in charge of time. (1 word)
11. High-status people work on their \_\_\_\_\_ to model the behavior of confident leaders. (1 word)
12. If you're a woman, maybe you want to model yourself on the actress \_\_\_\_\_ or some other actor that you know. (2 words, proper noun)
13. When a famous actor or actress is being interviewed, how do they look? They look so \_\_\_\_\_ (1 word). They look \_\_\_\_\_ (1 word). They have such a \_\_\_\_\_ (2 words).

14. People are not born in this way. These are traits that we have to \_\_\_\_\_. (1 word)

15. Is the best way to point with only **one finger** or the **entire hand**? (2 words)

16. Do you SEE the difference in the way one should say, "No"? Doing it the correct way, your voice becomes \_\_\_\_\_ (1 word) and your fingers become \_\_\_\_\_ (1 word).

17. \_\_\_\_\_ is where someone says something, and then they end, making it sound like a question. (1 word)

18. The \_\_\_\_\_ in our speech is extremely powerful. (1 word)

19. When Winston Churchill spoke, his \_\_\_\_\_ literally would create spaces for how long he would pause. (1 word)

20. These \_\_\_\_\_ make people listen. (1 word)

21. If you want people to listen, use cadence to \_\_\_\_\_ their attention, \_\_\_\_\_ their attention. (1 word each space)

22. It is not about talking louder; it's about controlling my \_\_\_\_\_, but making sure that what I'm transmitting at all times is \_\_\_\_\_. (1 word each space)

23. And that (question 22) means that I am \_\_\_\_\_. (1 word)

24. A lot of times, people who are lacking confidence are trying to \_\_\_\_\_. (4 words)

25. When people lack confidence, there are a lot of \_\_\_\_\_ behaviors, and these are detracting from me. (1 word)

26. What three attributes does Joe Navarro list to have when facing the challenge of public speaking?

A. (3 words) Be \_\_\_\_\_

B. (8 words) If I sit down and study this material, \_\_\_\_\_

C. (1 word) The third thing I always do is I \_\_\_\_\_

27. When it is time to do the presentation, one of the things I like to do is to \_\_\_\_\_.  
(2 words)

28. People are NOT born confident.

A. (4 words) We can become confident with the

B. (3 words) We can become confident by going

C. Confidence is something that we \_\_\_\_\_, we \_\_\_\_\_.  
(2 words in each space)

29. If you want to be confident

A. (3 words) \_\_\_\_\_

B. (3 words) \_\_\_\_\_

C. (3 words) \_\_\_\_\_

D. (3 words) \_\_\_\_\_

E. (4 words) have that mastery of \_\_\_\_\_