# 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).

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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 finders 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 _____

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**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 _____

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