

# The Charisma Myth

by Olivia Fox Cabane

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

**01 Do the 2-minute power pose before any high-stakes interaction**

Stand with feet shoulder-width apart, hands on hips or raised, chest open, chin level. Hold for two full minutes in private before a presentation, negotiation, or difficult conversation. Your body will shift your internal chemistry before you enter the room.

MON TUE WED THU FRI SAT SUN

**02 Practice returning to presence three times in your next conversation**

Choose one conversation today. Each time you notice your mind drifting - to your reply, to a worry, to anything external - gently bring it back to what the other person is actually saying right now. Three conscious returns is a full practice session that builds the presence muscle faster than any technique.

MON TUE WED THU FRI SAT SUN

**03 Slow your speaking pace by 20% for one full day**

Authority figures speak slowly. Anxiety makes us rush. Record a voice note of yourself explaining something, then re-record at 80% of your original pace. The slower version will feel strange to you - it will feel authoritative to everyone else. Practice daily for one week.

MON TUE WED THU FRI SAT SUN

**04 Deploy the responsibility transfer when anxiety threatens your presence**

Before a stressful interaction, sit quietly and imagine transferring responsibility for the outcome to a larger force. Remind yourself: 'I've done what I can. The rest isn't mine to carry.' This mental transfer genuinely reduces the physiological stress response and restores presence.

MON TUE WED THU FRI SAT SUN

**05 Identify your natural charisma style and study its signature behaviors for 30 days**

Figure out which of the four styles - Focus, Visionary, Kindness, or Authority - comes most naturally to you. Then deliberately practice that style's specific behaviors for 30 consecutive days before attempting to blend styles. Depth before breadth.

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**06 Give one genuine, specific compliment per day this week**

Warmth charisma is built through small, genuine acts of acknowledgment. Once per day, notice something specific and true about someone - a decision, a quality, an effort - and tell them directly. Specific observation beats generic praise by an order of magnitude.