

The Second Rule about Body Language for Self Confidence

What should we do to project self confidence?

- Stand up straight without slouching
- Look straight at the eyes of the person opposite you
- Keep your arms hanging freely without clenching your fists or crossing your arms
- Smile from your heart with laughter in your eyes
- Speak fluently without pausing or stuttering or saying er or um.



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- Direct your body towards the person you are talking to
- Keep a suitable distance between yourself and the person you are talking to

Going back to our story, that is exactly what Jonathan did.

He stood straight, looked directly at Angela, didn't get flustered; spoke fluently, without stuttering or pausing, without shouting, and calmly achieved what he wanted to. Angela left Karen alone and went to sleep by the tent flap herself.



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