

10 Ways To Appear Confident (When You're Really Not)

Here are 10 ways you can modify your body language to project a more confident image so that you always appear self-assured, relaxed and in control.

STAND UP STRAIGHT

- ☐ Keeping your back straight, your shoulders back and your head held high displays status, power and that you are in control of your life.

KEEP YOUR CHIN AND HEAD UP

- ☐ Whether you are standing in a crowd or walking down a street, always keep your head up and your eyes looking straight ahead.

KEEP HANDS OUT OF POCKETS

- ☐ Keeping your hands visible indicates you feel confident in yourself, your current situation and ready to handle anything.

GESTURE WITH PALMS UPWARDS

- ☐ Gesturing with your palms facing up will make you appear more confident as it gives the impression of honesty and trustworthiness.

DON'T FIDGET

- ☐ Fidgeting is a clear sign of nervousness, worry or anxiety and most of us fidget without even realizing it.

MAINTAIN EYE CONTACT

- ☐ Good eye contact is probably the most important technique to practise if you wish to appear calm, honest, friendly and confident.

STAND IN AN OPEN STANCE

- ☐ Standing with your feet too close together can give the impression that you are timid. Aim to have your feet in line with your shoulders.

SMILE

- ☐ Smiling has a powerful effect, a genuine smile communicates that you are friendly, honest and trustworthy and makes you more attractive.
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DEVELOP A FIRM HANDSHAKE

- ☐ A firm, solid handshake can give you an immediate impression Of confidence while a limp handshake can communicate weakness.

TAKE BIG STEPS

- ☐ Take long purposeful steps, rather than short, quick or hurried steps. A slower, deliberate walk will make you appear confident and in control of your life.

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