

How to Become a People Magnet

by Marc Reklau

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 **Use the name twice**

In your next conversation, use the person's name once when greeting them and once when leaving. Keep it natural, warm, and unforced.

MON TUE WED THU FRI SAT SUN

⁰² **Ask the second question**

When someone gives a surface answer, ask one gentle follow-up that invites the story behind it: what made that matter, how it started, or what surprised them.

MON TUE WED THU FRI SAT SUN

⁰³ **Give one specific compliment**

Replace generic praise with an observed detail: the way they explained something, handled a moment, included someone, or brought energy to the room.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Leave a generous trace**

Within 24 hours, send one useful follow-up: a remembered detail, an introduction, a link, a thank-you, or a note that proves you were listening.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Make your entrance lighter**

Before entering a social space, reset your face, shoulders, and pace. Aim to bring ease into the room before trying to be impressive.