

# How to Speed Read People

by Patrick King

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

<sup>01</sup> **Run a Two-Channel Read**

In your next conversation, pick one body cue and one voice cue before forming a read. If they disagree, ask one clarifying question instead of deciding.

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<sup>02</sup> **Build a Baseline First**

Spend the first three minutes of a meeting watching normal posture, pace, and eye contact. Only interpret changes after the topic or pressure shifts.

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<sup>03</sup> **Track the Redirect**

Ask a direct but fair question and notice whether the person answers that question or a safer one. Write down what changed and what pressure it may reveal.

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<sup>04</sup> **Use the Fairness Rule**

For every cue you notice, list two alternate explanations before choosing one. This keeps observation from turning into projection.

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<sup>05</sup> **Watch Feet and Timing**

During a social exchange, notice where feet point and when pauses appear. These two low-drama cues often show attention and cognitive load before words do.

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<sup>06</sup> **End With a Better Question**

Turn your read into one warmer question: 'What part of this feels uncertain?' or 'What would make this easier?' The skill should improve the conversation.