

Presence

by Amy Cuddy

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 **Choose the room value**

Name the value you want to represent in the next high-pressure moment.

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☐ ⁰² **Write the first sentence**

Prepare the first sentence you will say before entering the room.

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☐ ⁰³ **Design a body cue**

Choose one physical cue: open chest, feet grounded, or slower exhale.

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☐ ⁰⁴ **Rehearse the entry**

Practice the first 30 seconds once, standing up.

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☐ ⁰⁵ **Stand before pressure**

Use a grounded posture for one minute before calls or meetings.

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☐ ⁰⁶ **Exhale longer**

Before answering, take one longer exhale to slow the body.

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☐ ⁰⁷ **Return to values**

When self-monitoring spikes, silently name the value you serve.

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☐ ⁰⁸ **Speak one sentence slower**

Slow the most important sentence instead of rushing through it.

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