

Read People Like a Book

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

⁰¹ **Build a 60-Second Baseline**

Before interpreting anything, watch how the person behaves when the stakes are low: posture, pace, eye contact, volume, and gesture rhythm.

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⁰² **Track Three Channels at Once**

In one conversation, notice words, voice, and body at the same time. Only mark a signal as meaningful when at least two channels shift together.

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⁰³ **Ask the Verification Question**

When you sense tension, test your read gently: 'I may be wrong, but it feels like there is a concern here. What am I missing?'

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⁰⁴ **Watch the Redirect**

Ask a direct question and observe whether the person answers it, softens it, jokes around it, or changes the subject. The dodge is data.

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⁰⁵ **Separate Signal from Story**

Write one observed fact and one possible interpretation. Keep them separate until more evidence appears. This prevents projection from masquerading as insight.

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⁰⁶ **Debrief One Conversation**

After a meaningful interaction, note three cues you saw, what you inferred, and what later confirmed or disproved the read. Accuracy improves through feedback.