

The Definitive Book of Body Language

by Allan Pease

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 **Track cue clusters**

Notice face, hands, torso, and feet together before interpreting anything.

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☐ ⁰² **Ask for context**

Before deciding what a cue means, name one practical explanation.

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☐ ⁰³ **Watch direction**

Observe where someone's body points during a conversation.

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☐ ⁰⁴ **Reduce your own threat cues**

Uncross arms, lower speed, and keep palms visible in a tense exchange.

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☐ ⁰⁵ **Pause before interpreting**

When you spot a cue, wait for a second cue before deciding.

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☐ ⁰⁶ **Mirror naturally**

Match pace and warmth without copying gestures mechanically.

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☐ ⁰⁷ **Clarify incongruence**

Ask one soft question when words and body seem mismatched.

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