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CHARISMA CHEAT SHEET

The 3 Charisma Types

Be magnetic without faking an extrovert. Pick the type that's already you, and turn it up.

STEP 1 | START HERE

Watch my quick walkthrough first

Loom video link

Charisma isn't being loud

It's the ability to influence how people feel and act. Charisma doesn't swap you for someone else. It's the same song through louder speakers. Pick one of these three.

1

AUTHORITY

CLASS | WORK

Low, slow, steady. End sentences on the down and hold eye contact. People take you seriously.

Use it when you're leading, presenting, or need to be heard.

2

WARMTH

ONE-ON-ONE

Full attention on them. Soft face, nod, remember their name and what they said. The quiet guy's superpower.

Use it with someone nervous, new, or going through something.

3

ENERGY

HANGOUTS

Playful and curious. Laugh easily, tease lightly, have fun with it. It comes from feeling good about yourself, not from volume.

Use it in groups and when the vibe needs a lift.

Fill your own cup first. You can't pour into other people from an empty cup. Sleep, move, win small, and spend time with people who get you.

STEP 2 | PICK YOUR TYPE

Which one is already you?

Pick the one that feels natural, not the one you think you should be. You can learn the others later.

- ☐ Authority
- ☐ Warmth
- ☐ Energy

Why this one fits me

Where I'll use it today

Thing I'll do #1

Thing I'll do #2

After: what did they do differently?

Teacup check

- ☐ I slept 7+ hours
- ☐ I moved my body
- ☐ I got one small win
- ☐ I spent time with someone who gets me
- ☐ I still felt like myself the whole time

Want me to watch you use it and tell you exactly what to fix?

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