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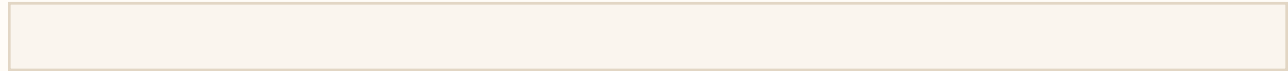
PRESENCE GUIDE

The 7-Day Presence Ladder

Stop shrinking when you talk. 7 days, 10 minutes a day, and people start leaning in instead of talking over you.

STEP 1 | START HERE

Watch my quick walkthrough first



Loom video link

Vocal must match visual

People read your body before your words land. If your voice says "I'm sure" but your eyes hit the floor and your hands are in your pockets, they believe the body. This week you climb one rung a day.

1

POSTURE

Look like you belong there. Chest open, feet planted, chin level.

2

EYES

Look at them while you speak. Glance away on a pause, then come back.

3

HANDS

Open palms in the gesture box, between your chest and belly. No pockets, no pointing.

4

MOVE, STOP, SPEAK

Move, then stop, then talk. Don't wander while you speak.

5

LAND IT

Voice at 6/10 and end your sentences on the down, like you mean it.

See yourself the way others do

Prop your phone up so your whole upper body is in frame. Answer this out loud for 60 seconds. No script, no second take.

"Who am I, and what do I want to get better at?"

Watch it back with the sound OFF. Rate yourself 1 to 10:

POSTURE Do you look like you belong there, or like you want to leave?

EYES Do you hold the lens, or keep dodging it?

HANDS Are they open and in the box, or hidden and fidgeting?

STILLNESS Do you sway, rock, or shift while you talk?

Now watch it with your eyes CLOSED. Rate 1 to 10:

VOICE Is it 6/10 loud, and do your sentences land down?

The one thing that jumped out at me:

Keep this video. You'll put it side by side with your Day 7 video.

5 moves. 1 minute each.

Do this before every day's rung. Screenshot this page so it's always on your phone.

1

Box Breath

1 MIN

In for 4, hold for 4, out for 4, hold for 4. Burns off the adrenaline that makes your voice shake.

Think of a shaken soda. Let the pressure out before you open it.

2

Wall Reset

1 MIN

Heels, butt, shoulders, and the back of your head on a wall. Step away and keep that shape.

This is what "I belong here" feels like from the inside.

3

Belly Count

1 MIN

Hand on your belly. Breathe low so your hand moves, then count 1 to 5 at a 6/10 volume.

Not from the throat. If it hurts, you're pushing too hard.

4

Land It

1 MIN

Say "My name is ____." five times. Make the last word go down every time.

Up at the end sounds like a question. Down sounds like you mean it.

5

Gesture Box

1 MIN

Talk about your day out loud for a minute. Keep your hands open and moving between chest and belly.

Your hands are part of the sentence, not something to hide.

Stay relaxed. Presence is calm, not stiff. If you feel like a robot, shake it out and go again.

Warm up, then climb

Do the warm-up, the solo rep, then one real-life rep. Tick both boxes before you move up a rung.

DAY 2 POSTURE

- ☐ **Solo:** Record 30 seconds talking about your day, standing like you belong there.
- ☐ **Real:** Walk into a store or class with your chest open and chin level.

DAY 3 EYES

- ☐ **Solo:** Talk to the camera lens for 60 seconds. Glance away on a pause, then come back.
- ☐ **Real:** Hold eye contact through a cashier's whole sentence.

DAY 4 HANDS

- ☐ **Solo:** Explain how to make your favorite food using only open-palm gestures in the box.
- ☐ **Real:** Keep your hands out of your pockets in one full conversation.

DAY 5 MOVE, STOP, SPEAK

- ☐ **Solo:** Take three steps, stop, plant your feet, then say one line. Repeat 5 times.
- ☐ **Real:** Stop moving before you answer a question someone asks you.

DAY 6 STACK IT

- ☐ **Solo:** Box breath, then a 60-second rep using all 5 rungs at once.
- ☐ **Real:** Have one real conversation and run the whole ladder.

Practice makes permanent. After each solo rep, watch it once and fix one thing on the next take.

Same question. New you.

Record the Day 1 question again, same spot, same framing. Watch it muted, then eyes closed, and rate it again.

	DAY 1	DAY 7
POSTURE		
EYES		
HANDS		
STILLNESS		
VOICE		

The biggest change I can see:

The one thing I'll keep working on:

Your next 24 hours

Walk into one conversation tomorrow and run the whole ladder without thinking about it. This 7-day reset is week one. The full 4-week presence program lives inside our community.

Want me to watch your Day 1 and Day 7 videos and tell you exactly what to fix?

Get more help inside our community

Join now