35 secret weapons to help you be you on your best day

1. energy, energy, energy!
2. concentration and focus
3. breathing
4. eye contact
5. 6. 7. truth, specificity and positive thinking
8. listening
9. humor
10. 11. 12. diet, exercise, looking good
13. risk taking
14. find the fun
15. preparation + spontaneity
16. play objective
17. variety of tactics
18. deal with obstacles
19. body language
    - Hands gesturing, in pockets, folded back or front, on hips
    - Pacing
    - Arms crossed
    - Sitting and standing
20. how you talk
    - Tone
    - Volume
    - Speed
    - Rhythm
    - Downward or upward
    - Um's and ah's
    - Variety
21. punctuate
22. ask questions
23. this sentence
24. multi-task but...
25. names
26. end with action
27. self-improve
28. take notes
29. refer out loud to past comments
30. bookend your day
31. you outside of work
32. status
33. head, heart and groin
34. stakes
35. people should be better off

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