

DAY 25

Do you know how big eye contact is in communication?

One of the most important rules for effective communication is to make eye contact and not look away when you speak.

"I'm not afraid of you."

"I'm not running away from you."

"I am focused on you."

"I am open and honest with you."

"I have complete confidence in myself."

You can easily convey all of these phrases at once by making eye contact. So I challenge you; Make eye contact with everyone you speak to today. As you speak, be sure to make eye contact and not look away. You might make a conscious effort at first, it will become a habit over time.

To make sure you don't forget to make eye contact with the people you're talking to in the hustle and bustle of the day, set an alarm on your phone to remind you every 1-2 hours. The people you talk to will notice the change in you, trust me. See you tomorrow!

Tasks:

- Make sure you make eye contact with the people you talk to throughout the day.
- Listen to your affirmation before you go to sleep at night.

