



UNLOCK YOUR CHARISMA

3-WEEK
CHARISMA
TRAINING PLAN

JOSEPH KWON



I promised you a plan that trained fundamentals, in realistic scenarios, and provided repetition.

It takes about 21 days to establish a new habit. Charisma isn't a habit, it's more a state of being, but 21 days of practicing the charisma principles will help you access this state of being more.

INSTRUCTIONS:

1. Below are 21 boxes, one for each day. Start on any day of the week you please.
2. Each day you will practice just 1 Charisma Principle. There are eight, that happen to spell out C.H.A.R.I.S.M.A. Write down the principle you will practice that day in the "Principle" box.
3. Each day pick the "Scenario" where you will practice. Be detailed. So instead of "my weekly meeting," you can say, "Weekly meeting, Monday, Oct 1, 8:00 a.m. in the San Francisco room."
4. Rotate the 8 principles over 21 days. Each builds on the others so the order is not important. Feel free to repeat the same principle over consecutive days. It's all up to you to decide what will work best.

The KEY is to continue to work the 8 Charisma principles over the next 21 days.

5. When you finish each practice, mark it "Done" with a checkmark. You should see 21 check marks at the end of 21 days.

Note: I've provided a summary of each principle, as well the associated chapter if you want to go back and review a principle.

Good luck and Happy Training!

Day	Principle	Scenario	Done
1			
2			✓
3			
4			
5			
6			
7			
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12			
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14			
15			
16			
17			
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19			
20			
21			

The 8 Principles of Charisma

C: CONNECTION (Chapter 1)

Practice: Increase your Connection with others by being vulnerable, curious, and dancing.

H: HARMONY (Chapter 2)

Practice: Sense what is most needed emotionally, and then deliver it by first blending and only then moving to where the other person needs to be.

A: AUTHENTICITY (Chapter 3)

Practice: Increase your willingness to share your authentic self with others.

R: RELAXED (Chapter 4)

Practice: Cultivate a relaxed state of being by using tactical breathing, “Yes, and,” and focusing outward.

I: INVISIBLE (Chapter 5)

Practice: Balance your visible communication skills with invisible skills of charisma such as listening, timing, and vision.

S: SIMULATED (Chapter 6)

Practice: Experiment with your appearance and how you highlight your various associations and observe the effect on others.

M: MORALITY (Chapter 7)

Practice: Reflect on how success through increased charisma is not a moral hazard. Consider the anchors needed to keep you grounded: strong values, other-people focus, and an anchor person.

A: AUTOMATIC (Chapter 8)

Practice: Don't try to create charisma. Let it flow automatically. Whenever you feel yourself trapped inside your head and trying, reset your focus to what is going on outside and just react.

GET CONNECTED



Joe Kwon is the Connection Counselor. He teaches busy professionals how to Click with Anyone, Anytime, Anywhere.

Podcast: www.patreon.com/whyitworks

LinkedIn: linkedin.com/in/joekwonjoe

Email: joe@connectioncounselor.com

Website: www.connectioncounselor.com

Phone: +1 201-500-8426

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