



**UNLOCK
YOUR
EXECUTIVE
PRESENCE**

**3-WEEK
TRAINING SYSTEM**

JOSEPH KWON



I promised you a system to help you internalize Executive Presence. It takes about 21 days to create a new habit. When you repeat a new behavior enough times it becomes a habit. Then, when you repeat a new habit enough times and across various situations it becomes a trait or way of being.

INSTRUCTIONS:

1. There are 21 boxes, one for each day. Start on any day of the week.
2. There are 6 states of being in the Six Degrees of Executive Presence plus one additional state of being making 7 total. Each day you will practice just one. Write down the state of being you will practice in the “State of Being” box.
3. For that day write down the “Scenario” where you will practice. Be detailed. So instead of “my next meeting,” you can say, “Team meeting, Friday, Jan 4, 10:00 a.m. in the Stradivarius room.”
4. Rotate the 7 states of being over the next 21 days. They all complement each other, 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 7 states of being 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 state of being, as well the associated chapter if you want to go back and review.

Good luck and Happy Training!

Day	State of Being	Scenario	Done
1			<input checked="" type="checkbox"/>
2			<input type="checkbox"/>
3			<input type="checkbox"/>
4			<input type="checkbox"/>
5			<input type="checkbox"/>
6			<input type="checkbox"/>
7			<input type="checkbox"/>
8			<input type="checkbox"/>
9			<input type="checkbox"/>
10			<input type="checkbox"/>
11			<input type="checkbox"/>
12			<input type="checkbox"/>
13			<input type="checkbox"/>
14			<input type="checkbox"/>
15			<input type="checkbox"/>
16			<input type="checkbox"/>
17			<input type="checkbox"/>
18			<input type="checkbox"/>
19			<input type="checkbox"/>
20			<input type="checkbox"/>
21			<input type="checkbox"/>

The 6 Degrees of Executive Presence

P: PROACTIVE (Chapter 2)

Executive Presence Kata: BE R.A.D.

R: RESOLUTE (Chapter 3)

Executive Presence Kata: LET IT R.A.I.N.

E: EQUANIMITY (Chapter 4)

Executive Presence Kata: THE GREEN ROOM

S: STILLNESS (Chapter 5)

Executive Presence Kata: BLANK PAPER

E: ENGAGED (Chapter 6)

Executive Presence Kata: RAISIN AWARENESS

C: CONFIDENCE (Chapter 8)

Executive Presence Kata: AGAIN!

The Final Gate of Executive Presence

E: EMANATING (Chapter 9)

Executive Presence Kata: RADIOACTIVE

GET CONNECTED



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

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