

**BODY LANGUAGE REFLECTIONS**

As mentioned in the “Body Language” focus, on pg 82, you send **more** messages to others through your gestures, facial expressions and posture than through what you say.

Raising your awareness of your body language will assist you in the building of quality relationships.

Below is a series of body language actions

- reflect on and write down what messages you think you are sending
- in front of a mirror, do each one; are you building a picture of you?

**Positive** body language is a good choice to make

- you will be rewarded with pleasant responses from others

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| • Shrugging your shoulders                           | • Leaning forward when sitting opposite someone |
| • Sighing when talking to someone                    | • Glaring at someone                            |
| • Talking with a shaky trembling voice               | • Talking with your arms folded                 |
| • Slumping in a chair                                | • Looking away when someone is talking to you   |
| • Looking with eyes down when talking to someone     | • Arms and hands open when talking to someone   |
| • Looking with tight lips and narrowed eyes          | • Looking with a big smile                      |
| • Sitting upright on the edge of the chair           | • Nodding when listening to someone             |
| • Yawning when listening to someone                  | • Taking a deep breath when talking to someone  |
| • Sitting with arms and legs slightly apart          | • Lowering your head when listening or talking  |
| • Waving your hand at someone                        | • Fiddling with objects while talking           |
| • Sitting with arms and legs crossed                 | • Pacing up and down whilst talking             |
| • Talking with a loud assertive voice                | • Talking gently and softly                     |
| • Shaking your head when listening to someone        | • Staring with wide eyes at someone             |
| • Leaning back on your chair with hands on your head | • Talking or listening with clenched hands      |
| • Talking or listening wringing your hands           | • Standing relaxed and still when talking       |
| • Avoiding eye contact with someone                  | • Leaning against a wall when talking           |

*“Knowledge is learning something every day; wisdom is letting go of something every day.: Zen Saying*