024: Becoming a Confident and Notable Public Speaker
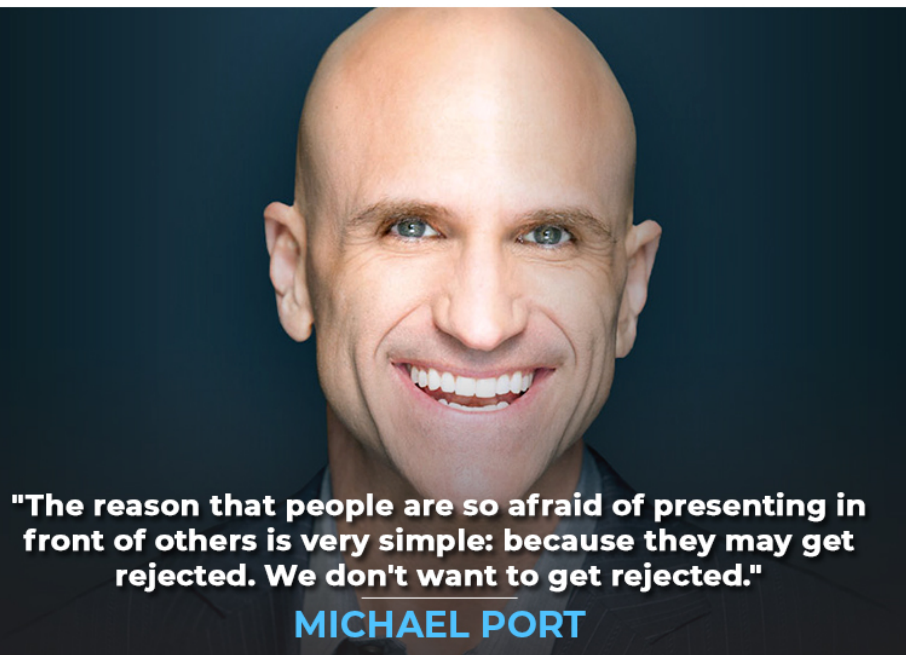
10 Point Checklist

Michael Port

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

"The reason that people are so afraid of presenting in front of others is very simple: because they may get rejected. We don't want to get rejected."

MICHAEL PORT

10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.**

☐ Use the three-act structure to build your story-line – exposition, conflict, and resolution.

☐ Keep your palms open when you speak-it makes you appear more approachable and not as if you are lecturing.

☐ Be aware of things to avoid when speaking-don't repeatedly touch yourself, your hair, your ear, your nose, etc.

☐ Be yourself. If it feels natural to you to move around the stage, do that. If it doesn't then don't.

☐ Try not to turn your back to the speaker or look down, it creates a disconnect.

☐ Practice, but don't feel like you have to match your practice sessions word for word.

☐ Think about good stories from your life, or stories that you have heard, that are engaging to your target audience. Add them into your presentation.

☐ If you are afraid of public speaking, train at home as much as possible, and start with short presentations.

☐ Pay attention to your surroundings on stage, if you hear something that is distracting, acknowledge it to the audience.

☐ Don't feel discouraged if everyone is not interested in your speech. Talk to the people who are connecting with you, and keep them engaged.

☐ Go to www.heroicpublicspeaking.com and sign up for the free video series and check out the paid program.

To view the transcript, resource links and listen to the podcast, visit:

https://www.getyourselfoptimized.com/becoming-confident-notable-public-speaker-michael-port/