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I enjoy speaking with others. It matters little to me whether I am speaking to my best friend or a complete stranger. I feel equally comfortable with both.

My confidence in my communication skills allows me to talk with anyone, from any walk of life. Communicating with others is simply something I like to do.

I am very confident of my communication skills. I know how to speak effectively. Others enjoy speaking with me.

I am an excellent conversation partner. I am especially known for my listening skills. I know how to put my full attention on others and make them feel good about themselves.

I am able to maintain my poise and composure in challenging situations. **I stay calm and focused.** I can always find the right words for the situation. Regardless of what is happening, I know I can handle it like a pro.

When I have something to say, people stop

and listen. I can captivate everyone in a room with my words. My confidence and poise are addictive. I am well known for my charisma. My words are like magic.

Today, I allow my words to serve me. I rely on my communication skills to enhance my life and the lives of those around me.

Self-Reflection Questions:

1. What can I do to increase my comfort and confidence while speaking?
2. What can I do to enhance my listening skills?
3. How can I enhance my non-verbal communication, including my posture?