

HOW TO DEVELOP CHARISMA – BE CONFIDENT, ALIVE, EXPRESSIVE

By Judi Moreo

Have you ever wondered why certain people seem to be so confident, charismatic, personable and successful? They seem to receive an inordinate share of attention, approval and love. Some of them are beautiful, some are not; some are easy going, some are not. You may even wonder what the secret is that they have.

It may even bother you that some people are preferred to others. We all want to be “liked” and “loved”, but what is it that gets others to like and love you? It’s up to you. What effort do you put into being a likeable person. A little voice inside of you may well be saying, “but I don’t have that kind of personality,” or “I am a shy person and I can’t change what I am.” Yes, you are what you are. But are you the best that you can be. This is not about changing the “you” that you are but rather about imagining and practicing and moving yourself into a new expanded charismatic self. People are always amazed to find that they can change what they think they are “stuck with.” Being “boring” is not like having blue eyes. It is learned, it is not genetically determined.

The discovery of your charisma begins with “garbage removal”, clearing away the psychological and physical blocks that prevent you from using this part of you. It means stretching out of your “comfort zone”. Anytime we make changes, we will feel uncomfortable.

We are secure with what we know. Take a moment to ask yourself a question: What gives your life meaning? Allow yourself to feel. Acknowledge your real feelings by going deeply into yourself as this is a powerful precondition to becoming the director and creator of your life. From this experience, if you are totally honest with yourself, you will have a better understanding of you. Very often in life we have done what we believed others wanted us to do or what others expected of us. Just expressing your feelings not only eases emotional pain, but enhances feelings of innate self-worth.

If you can’t immediately imagine being confident, charismatic or having any of the qualities you’d like to have, remember, it takes time and a lot of patience with yourself. There is no “quick fix” and using patience will give you the necessary detachment to face your “worst” feelings about yourself. To be charismatic, you must give yourself permission not only to know what you really feel but to express your inner thoughts openly.

One key to making changes is to avoid putting yourself down. Most people suffer from occasional nagging doubt and negative self-talk i.e. *“They will resent it if I act sure of myself,”* or, *“I’m not as good as _____”*. Change your thinking to “I am a worthy person” and “I choose to be in control of my life”. When you start saying these positive affirmations over and over you will

start to feel like more confident and eventually you will not only feel at ease and happy, you will feel more charismatic as well.

To keep this sense of being, you must play bodyguard to your own mind and feelings. Protect yourself from negative thoughts by being aware of the obstacles and roadblocks that prevent you from accomplishing this “new self”. You will then be able to cope with challenges and problems that will inevitably come your way.

Knowing what your hidden self-put-downs are can save you from sabotaging yourself. Think back to your childhood and remember the most critical person in your life. What were the verbal and non-verbal messages that you received from him or her about what you were or should be or do? How does this affect how you think of yourself today? You may not even be aware that you have negative beliefs about yourself, but when you're in a new or challenging situation, they may show up. Recognizing this will prevent them from taking over. Put-downs, messages of doubt, and self-hate prevent you from using your true gift – your real charisma.

It is practically impossible to achieve your positive and confident self when a small, inner voice tells you that you're really going to mess up. Your nonverbal signals will be in conflict with your verbal ones and one very important thing for you to know is ... it is the nonverbal signals that will be believed. You may find you talk too much or too little, or you laugh apologetically. The nonverbal signs will betray you because you are feeling uncomfortable. Your inner critical voice is not the voice of truth. It simply delivers old messages which may or may not be true. Once you realize that most negative thinking is a consequence of messages received as a child, you will see that it is possible to acknowledge your own true self. That is the beginning of growth!

When you are making changes, don't set yourself up for failure by making unrealistic expectations of yourself. Remember that no-one is perfect. Admit to yourself that you are not perfect. Perfection is not only unlikely, it's unrealistic! Most people have been programmed to believe that success is perfection. It is not.

Understanding that being charismatic is feeling confident, at ease, alive and in joyful communication with the world. It is something that each and every one of us has a right to have and to feel! Life will seem full of wonderful possibilities. Your charisma will then emerge like a butterfly from its cocoon – full of hope and expectancy as to what life has to offer! Soon other people will be looking at you and wondering what it is exactly that makes you so charismatic, personable and successful!

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