

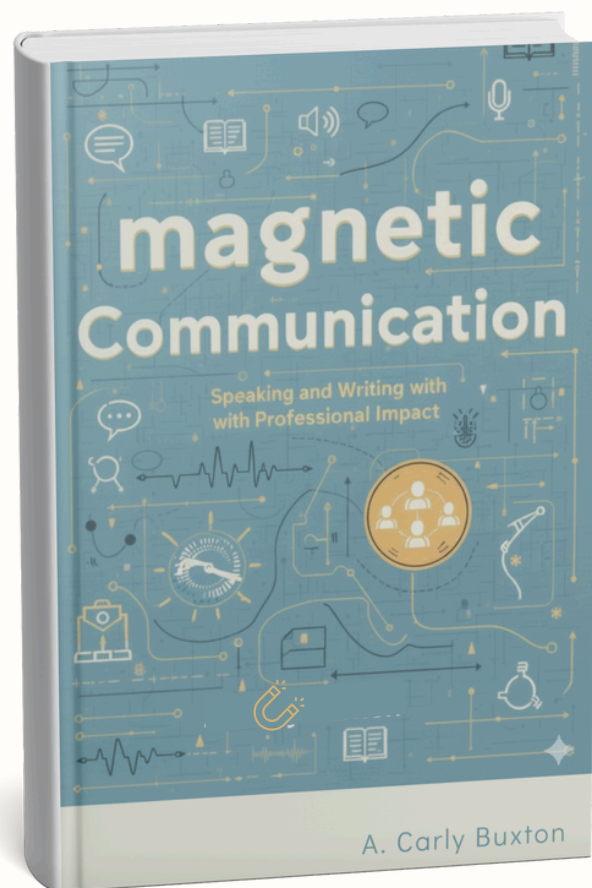
improve as a speaker in 30 days

Day 1: Practice 6-6-6-6 box breathing today (inhale for 6 seconds, hold for 6, exhale for 6, hold for 6)	Day 2: Record yourself reading news for 2 minutes and critique the playback: pace, pitch, volume, clarity	Day 3: Focus on eliminating filler words in all conversations today	Day 4: Learn a new tongue twister and perfect it	Day 5: Choose one conversation to speak 20% more slowly than usual
Day 6: Do a power pose for 2 minutes before heading out the door today	Day 7: Take pictures of yourself doing a few different smiles and choose your favorite	Day 8: Focus on maintaining an open posture all day today	Day 9: Practice deliberate hand gestures today: hands visible, relaxed, and moving naturally	Day 10: Make eye contact for 3 seconds minimum with everyone you encounter throughout the day
Day 11: Mirror others' body language today	Day 12: End every sentence today with a downward inflection	Day 13: Walk 25% more slowly with shoulders back when you enter a room	Day 14: Start every response with a 2-second pause	Day 15: Use confident language: replace "kind of," "sort of," and "maybe" with direct statements
Day 16: Replace "but" with "and" all day today	Day 17: Ask: "What are your thoughts?" before diving in to answer a question	Day 18: Begin every conversation or meeting by stating your core purpose first	Day 19: Wear your favorite outfit	Day 20: Keep your chin parallel to the ground while walking
Day 21: Lead with "thank you" instead of "sorry" all day	Day 22: Use people's names once in every conversation	Day 23: Take an improv class (or watch an improv class online)	Day 24: Record yourself presenting for 5 minutes. Note improvements from Day 2.	Day 25: Watch a great speech or presentation online and consider why it's so effective
Day 26: Your presentation begins the moment you're introduced. Practice moving to the front of the room with confidence.	Day 27: Your presentation ends the moment you return to your seat. Practice moving back to your chair with ease.	Day 28: Attend a local Toastmaster's club meeting	Day 29: Employ an audience-related mindset shift ("They are rooting for me" // "They are desperate for a solution--and I have it")	Day 30: When you introduce yourself, be certain that you end on a downward inflection (your name is not a question!)

Keep it Magnetic

This resource is free to use and share with attribution. It is drawn from the research and frameworks in *Magnetic Communication: Speaking and Writing with Professional Impact* (Bloomsbury Academic, 2026) by A. Carly Buxton, PhD.

carlybuxton.com/magnetic



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