



Module 1 Exercise 6: The Silly Walk

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Module 1 Exercise 6: The Silly Walk

Take notice of the way you walk and carry yourself. Do your shoulders slump over with your head down? Do you walk with your head far in front of you and your arms firmly at your sides? Do you swing your arms back and forth with your shoulders back and a wide grin on your face?

Be aware of the way you walk, and then take notice of the way other people walk as well, especially women.

Why?

Your body and body language are first things people see before and while they are interacting with you.

Some of the common poor behaviors I have noticed with men over the years, in terms of bad body language are:

1. Hands Flailing – Hands flailing around like one of those silly balloons designed to grab attention from potential customers. Flailing signals nerves. And nerves signal discomfort. If you're uncomfortable, she's going to be uncomfortable.

To combat the flailing arms, lock your hands in front of your body or put them casually in your pockets.

2. Close Encounter – I can't stand when guys stand too close to me. It feels attacking and aggressive. It's also very uncomfortable when a guy stands in front of me directly, face and body in line with mine.

To combat this, make sure you put a nice amount of distance between you and a woman or a person you are talking to. Think, "If she had bad breath, could I smell it right now?" If yes, move back. If no, you're all good.

Stand at a 45-degree angle. Again, not face on, at an angle. It's less aggressive, and says "I'm in, but not fully in just yet."

The "silly walk" is based on an exercise I did a few years back. It's a continuation of the default face, because it's about first noticing and then deciding for yourself what works best for you.

Here's what I want you to do:

I would like you to take notice of different kinds of walks. What walk do you see as confident? What walks do you see as feminine? Calm? Powerful?

Then emulate these walks. Try out different styles of walks and take notice of:

1. How you feel when you walk a certain way
2. How people respond to you when you walk in a particular way
3. What is most comfortable to you?
4. Share it with someone – take a video of you walking the way you have selected and watch the video again. If you feel comfortable enough, show the video to someone you know and ask them what they think about the way you carry yourself.

BONUS: If you can do one day of doing the silly walk from Monty Python, you get bonus cool fun points. Remember, everything in this program is research for you. If you can't have fun with yourself, who can you have fun with?