

# STELLAR *Life*

Hosted by *Orion*

## The Hidden Messages of Body Language

10 Point Checklist

**Jan Hargrave**

Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!

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# 10 STEPS YOU CAN TAKE TODAY

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

- Watch out if a person is trying to distract you. They will always have different gestures to distract you from their lie. For example, touching their nose with their left hand while talking to you. They are hoping you don't pay attention to what's coming out of their mouth, and you pay more attention to the hand motions in their face.
- Don't base your findings on just one deceptive gesture. Instead, look for two or three forms of deceptive gestures before you can say for sure you are being lied to. There must be a cluster of gestures that indicate deception to get a good reading.
- Notice keywords when you are talking to a person to know whether they are lying or not. Sentences that start with 'I swear to God' or 'honestly' will have some kind of deception in them. Also, using present tense and past tense in one sentence indicates deception.
- Use your hands when talking to others. People will trust you faster when they can see your hands.
- Learn when to use the steeple hand gesture. A steeple in body language indicates the confidence of the person speaking.
- Cup your hands when sharing your ideas. Upward-facing palms always show acceptance, while downward-facing palms indicate you want to take control of the conversation.
- Learn the 3Cs of body language; Cluster, Context, Congruence. Clusters mean looking for more than one gesture. Context indicates the meaning of the gesture according to your environment. While congruence shows whether the action they are showing matches their words.
- Observe voice pitches. When stressed, strained, and lying, the voice gets extremely high. While afraid, the voice gets really low.
- Every now and then, nod your head and smile back when you are in a virtual conversation. These gestures encourage the other person that you're there, and you're listening.
- Do not touch your hair when you are in a serious business setting because it will undermine everything you've laid down on that table. However, this gesture can be used when you are on a date.
- Visit Jan Hargrave's [website](#) to learn more about her courses and seminars. Also, check out her five books, namely - Let Me See Your Body Talk, Judge the Jury, Freeway of Love, Strictly Business Body Language, and Poker Face.