

Problem: communication skills need improvement (I often end up speaking too fast when I get excited/nervous)

Detach question: What about my current self would my future/past self be most disappointed/proud of?

Notes:

- My past self would be disappointed that I've only just begun to take action to solve this problem after all these years
- My future self would thank me for finally taking action
- My charisma and ability to persuade (in-person) will increase if I solve this problem
- I'd benefit from imitating effective speakers, such as Andrew Tate
- I'm pretty sure there's a public speaking course somewhere in TRW, so I'll look into that
- Excitement/nervousness are two sides of the same coin, both give me extra energy that I end up spending through talking faster
- To counter this, whenever I feel the urge to speak fast, I should quickly take a deep breath and really focus on enunciating my words
- If I mess up while speaking, I should take a mental note of what happened and why

Actionable steps:

- Look into resources in TRW and elsewhere online that could help (will do this today)
- Start taking notes on orators (will do this today)
- Will pay close attention to how I speak during my next conversation; if we end up talking about anything that I feel excited or passionate about, I'll take a deep breath and channel my energy into enunciating my words and speaking assertively
- I'll also keep mental notes of my conversations afterwards, will write any areas of improvement down