

Social Confidence & Charisma



HOW TO MAN

Masculinity Mastery Series

Social Confidence:

How To Be At Ease & Engaging

In Any Social Situation

*“My one repeated learning in life:
‘There are no adults.’
Everyone’s making it up as they go
along. Figure it out yourself, and do it.”*

–Naval Ravikant

“I authentically love people.”

–Bruce Muzik

Social Confidence & Charisma

- Worthiness
- Presence
- Tests & Compassion
- Freedom / Self Expression

Worthiness

“Almost nothing you’re socially scared of is actually scary”

- Tim Urban

Worthiness

*“Active Love Of one another, and
Real (True and Mutual) Trust Are
(Therefore) egoless (or Without
“self”-Reference)”*

- Adi Da Samraj

Worthiness

- Universal Human Compassion
- Stop being so self-centered!
- Your life is unique, sacred, and you are the star
- Presence

Presence

- In your body
- Curiosity / Radical openness
- Listening deeply
- Outcome independence
- Enjoying yourself

Tests and Compassion

- Socially self organizing creatures
- Lying is a feature, not a bug
- Emotional self regulation
- Comic genius and status games
- Intentional Compassion

Freedom

- Less thinking, more being
- Enjoy yourself
- Trust yourself
- “Systematically Outrageous” - Wyatt Woodsman
- Radical Honesty and The process of unfiltering