

Expression Cue Cheat Sheet



EXPRESSION

Being Seen Without Saying a Word

Expression = Alignment

Internal confidence + External cues + Clear intention

FOUNDATIONAL TRUTHS

Being seen, heard, and understood is a core human need

Expression happens before words

There are no “good” or “bad” cues, only intentional or unintentional ones

YOUR BASELINE

Your baseline is your natural, default way of expressing yourself.

It includes your:

Gestures, Facial habits, Vocal tone, Pace, Posture

Patterns matter more than single cues. We don't judge expression. We observe it.

HIGH-IMPACT EXPRESSION CUES

1. Palm Flash (Trust Cue).

Brief, natural showing of palms

Signals openness, honesty, safety

Use when entering a room, stage, or Zoom

2. Happy Hello (Warmth Cue).

Delivered within first 200 milliseconds

On the out-breath

Warm tone with slight downward inflection

Gentle eye contact

3. Fronting (Connection Cue).

Head, shoulders, torso oriented toward the person

On Zoom: camera at eye level, shoulders squared

Signals respect, interest, presence.

PUNCTUATORS

Punctuators are unconscious habits that “sign” your communication.

They may include:

Self-soothing gestures, Facial expressions, Repetitive movements

They are not emotions. They are your communication signature.

Monitor frequency, not perfection. Too much or too little is encoded by others.

Intentional awareness creates choice.

WORDS AS PRIMING

Words set emotional expectation. Your opening words shape the emotional tone of the interaction.

Up & Up Examples

“So glad we’re here together.”/“Looking forward to this.”/“Let’s dig in.”

These prime connection, momentum, and optimism

Danger Zone

“Been busy?”/“What a stressful day.”/“Traffic was awful.”

These prime strain, fatigue, and negativity. We are not denying reality, We are choosing intentional framing.

REMEMBER

Expression is not performance. It is not exaggeration. It is not pretending. It is authentic alignment. When internal and external cues match, connection follows.

