

GOAL	I SUCCEEDED	
<input type="checkbox"/>	<input type="checkbox"/>	I enter the stage with confident steps.
<input type="checkbox"/>	<input type="checkbox"/>	I stand with legs slightly apart as I introduce myself.
<input type="checkbox"/>	<input type="checkbox"/>	My posture is straight, shoulders behind.
<input type="checkbox"/>	<input type="checkbox"/>	My appearance is positive and energetic.
<input type="checkbox"/>	<input type="checkbox"/>	I make a pause between my first name and last name when I introduce myself.
<input type="checkbox"/>	<input type="checkbox"/>	I present my presentation topic clearly.
<input type="checkbox"/>	<input type="checkbox"/>	I tell the audience the goal of my presentation. "The goal of my presentation is that you..."
<input type="checkbox"/>	<input type="checkbox"/>	My arms are relaxed next to my body from time to time.
<input type="checkbox"/>	<input type="checkbox"/>	I emphasize the important fact with my hands.
<input type="checkbox"/>	<input type="checkbox"/>	When I speak, I illustrate something with my hands.
<input type="checkbox"/>	<input type="checkbox"/>	My palm is open and up when I suggest something to the listeners.
<input type="checkbox"/>	<input type="checkbox"/>	I look at the listeners, stopping at one person at a time.
<input type="checkbox"/>	<input type="checkbox"/>	As I speak, I change places and stand at three different points on the stage.
<input type="checkbox"/>	<input type="checkbox"/>	I stand on stage so that at least my shoulder covers the presentation material.
<input type="checkbox"/>	<input type="checkbox"/>	I draw the audience's attention to the presentation material to support my message.
<input type="checkbox"/>	<input type="checkbox"/>	I am at least 70% of the time towards the listeners, toes towards them.
<input type="checkbox"/>	<input type="checkbox"/>	I engage listeners and build interaction with them.
<input type="checkbox"/>	<input type="checkbox"/>	I remember to repeat my most important message (catchphrase) at least twice.
<input type="checkbox"/>	<input type="checkbox"/>	I emphasize an important sentence or word when I speak.
<input type="checkbox"/>	<input type="checkbox"/>	I intentionally take pauses, or at least take one pause, to reinforce my message.