



10 Habits of Exceptionally Likeable People

There's a mistaken belief that being likeable comes from natural traits that belong only to a lucky few. It's easy to fall prey to this misconception, but being likeable is within your control and mostly a matter of emotional intelligence (EI).

1. They Ask Questions

Many people are so focused on what they'll say next that they fail to hear what's being said. They hear the words loud and clear, but the meaning gets lost. So, ask questions. People like to know you're listening, and something as simple as a clarification question shows not only that you're listening but also that you care about what they're saying. You'll be surprised by how much respect and appreciation you gain just by asking questions.

2. They Put Away Their Phones

Nothing will turn someone off you quicker than mid-conversation checks of your phone. When you commit to a conversation, focus all your energy on it. You will find that conversations are more enjoyable and effective when you immerse yourself in them. You're also showing respect to the other person and valuing what they have to say. Respect!

3. They Are Genuine/Authentic

Being genuine and honest is essential to being likeable. No one likes a fake. People trust honesty. It is difficult to like someone when you don't know who they really are and how they really feel. Likeable people know who they are. They are confident and comfortable in their own skin. By concentrating on what drives you and makes you happy as an individual, you become a much more interesting person than if you attempt to win people over by making choices that you think will make them like you.

4. They Don't Pass Judgment

Be open-minded. It makes you approachable and interesting to others. No one wants to have a conversation with someone who has already formed an opinion and is unwilling to listen. Having an open mind is crucial in the workplace, where approachability means an openness to new ideas and discussion. Use the Moccasin Approach. This doesn't require you to believe what they believe or condone their behaviour; it simply means you quit passing judgment long enough to understand what makes them tick.

5. They Don't Seek Attention

People are averse to those who are desperate for attention. You don't need to develop a big, extroverted personality to be likeable. Simply being friendly and considerate is all you need to win people over. When you speak in a friendly, confident, and concise manner, you will notice that people are much more attentive and persuadable than if you try to show them you're important. People catch on to your attitude quickly and are more attracted to the right attitude than to what or how many people you know.



6. They Leave a Strong First Impression

Research shows that most people decide whether they like you within the first seven seconds of meeting you. They then spend the rest of the conversation internally justifying their initial reaction. This may sound terrifying, but by knowing this, you can take advantage of it to make huge gains in your likeability. First impressions are tied intimately to positive body language. Strong posture, a firm handshake, smiling, and opening your shoulders to the person you are talking to will help ensure that your first impression is a good one.

7. They Use Positive Body Language

Becoming cognizant of your gestures, expressions, and tone of voice (and making certain they're positive) will draw people to you like ants at a picnic. Using an enthusiastic tone, uncrossing your arms, maintaining eye contact, and leaning towards the person whose speaking are all forms of positive body language that high-EQ people use to draw others in. Positive body language can make all the difference in a conversation. It's true that how you say something can be more important than what you say.

8. They Greet People by Name

Your name is an essential part of your identity, and it feels terrific when people use it. Likeable people make certain they use others' names whenever they see them. You shouldn't use someone's name only when you greet them. Research shows that people feel validated when the person they're speaking with refers to them by name during a conversation.

If you're great with faces but have trouble with names, have some fun with it and make remembering people's names a brain exercise. When you meet someone, don't be afraid to ask her name again if you forget it right after you hear it. You'll need to keep her name handy if you're going to remember it the next time you see her.

9. They Balance Passion and Fun

People gravitate toward those who are passionate. That said, it's easy for passionate people to come across as too serious or uninterested because they tend to get absorbed in their work. Likeable people balance their passion with the ability to have fun. At work, they are serious yet friendly. They still get things done because they are socially effective in short amounts of time, and they capitalise on valuable social moments. They minimise small talk and gossip and instead focus on having meaningful interactions with their co-workers. They remember what you said to them yesterday or last week, which shows that you're just as important to them as their work.

10. Bringing It All Together

Likeable people are invaluable and unique. They smile far more, and so you should work at finding positives and smiling too. They network with ease, promote harmony in the workplace, bring out the best in everyone, and generally seem to have the most fun.

Add this thinking and these skills to your repertoire and watch your likeability grow!