NOIREACADEMY

What Is Your Social Presence Score?

Discover your starting point and three habits to strengthen.

NOIRE ACADEMY

ASSESS YOUR EVERYDAY HABITS

Think about the past 30 days. Rate what you usually do, not what you intend to do.
If a situation has not occurred recently, use your most recent comparable experience.

1 = Rarely | 2 = Sometimes | 3 = Often | 4 = Consistently

1. **First impressions**	I greet others clearly when entering a social or professional setting.	____
2. **Conversation**	I listen without interrupting and ask thoughtful follow-up questions.	____
3. **Dining etiquette**	I keep my phone put away during shared meals.	____
4. **Body language**	I use relaxed, attentive body language during interactions.	____
5. **Personal presentation**	I choose clean, well-maintained clothing appropriate to the occasion.	____
6. **Social confidence**	I introduce myself rather than always waiting to be approached.	____
7. **Digital presence**	I consider privacy and my intended impression before posting.	____
8. **Romantic etiquette**	I communicate preferences and boundaries respectfully in dating or a relationship.	____
9. **Professional presence**	I follow through on commitments or communicate changes promptly.	____
10. **Personal standards**	I decline requests that conflict with my values or capacity.	____

CALCULATE YOUR RESULT

Add all ten scores. **My total: ____ / 40**
Answer every item. Possible total: 10–40.

10–17 | The Emerging Presence

Begin with small, intentional habits. Practice one priority daily.

18–25 | The Developing Sophisticate

Your foundation is taking shape. Make your lowest-scoring habits more consistent.

26–33 | The Polished Woman

Many habits support intentional presence. Strengthen the areas you overlook.

34–40 | The Refined Presence

You report consistent habits. Maintain them in unfamiliar or challenging settings.

CHOOSE YOUR THREE PRIORITIES

Select your three lowest-scoring areas. Break ties by choosing those most relevant to your goals.

Area numbers: ____ / ____ / ____
Match them below. Start with one this week.

1. Offer a clear greeting at your next gathering.
2. Ask a follow-up before sharing your story.
3. Keep your phone out of sight at a shared meal.
4. Relax your shoulders; turn toward the speaker.
5. Prepare an occasion-appropriate outfit ahead.
6. Introduce yourself to one new person.
7. Review your bio and posts against your goals.
8. State one preference clearly and respectfully.
9. Confirm a deadline and follow through.
10. Practice: “I’m unable to commit. Thank you.”

Build on your result. Watch your inbox for more guidance from Noire Academy.

Self-reflection only; not a validated measure of others’ perceptions. Your score reflects reported habits.