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How to Be Cool

Have you always wanted to be the cool guy, who always seems to do the right thing? Or are you dying to be the cool girl, who flows through life with ease and grace? Are all of the 'cool' kids making fun of you? Here are some steps that define the essence of being *cool*. The rest is up to you.

Steps [edit]

- Take a deep breath. Being cool is all about being relaxed and comfortable in any circumstance.
- Act like you don't care what people think of you. We will always, on some level, be concerned with others' opinions of ourselves, but realize that ultimately, you'll never be able to please everyone, so why bother trying? People have millions of ways to get under your skin. Learn to spot them and become immune.
- Be aware of how people perceive you. This might seem to contradict step 2, but there's a difference in letting people's judgements affect your self esteem, and being aware of how you come off to others. In terms of physical appearance, beware of food getting stuck in your teeth, bad breath, body odor, toilet paper stuck to your shoe, etc. In terms of composure, try not to stare (it makes people uncomfortable), stand/sit up straight (it makes you look and feel more confident), smile generously, be polite and considerate, etc.
- Present yourself in a way that makes you feel the most comfortable and confident. Even if people snort about it when you walk by, remember that ultimately, you'll feel ten times more uncomfortable wearing something that just isn't you. Walk with good posture and look people in the eye. If you slump or stare at your feet, people won't respect you. You have to look and feel confident in order to receive the respect you need.
- Find real friends. For example, if people don't hang out with you because you don't wear designer clothes, they are not real friends. Instead, find friends that see you who for who you are. If the people standing in front of you can't see you for you, then how can they be your friend?
- Don't be afraid to be different, whether that means standing up for yourself, defending someone else, or taking interest in something that no one else does, like playing an instrument or dancing when no one else will. The *coolest* people are the ones who occasionally break against the tide and make people question the status quo.
- Don't lose your cool. If you feel yourself about to lose your temper, or burst into tears, or lose control in any way, take a deep breath and excuse yourself.
- Practice your voice. Talk with clear voice and add some bass in it. Remember that the way you speak is equally important as the way you show up yourself. Learn not to ask questions and speak with statements.
- Say what you feel and don't be shy when doing so. Be confident in your word and don't let anyone try and change it. If you state your opinion and people disagree, don't worry. You said what you felt and people will respect you for that. However, make it count. Don't shout out your opinion just to be heard. Make sure it's relevant, and be ready to back it up soundly.
- Let the conversation flow. Have light topics you can go on and speak about. What's hot in pop-culture is always a good topic. Avoid topics that do not fit the conversation (ex - talking about work and school after everyone has just been at work or school all day. If you must mention these subjects, just make a comment and then move on).
- Have good stories you can inject into the conversation. But don't use them just to look cool. Use them only when the conversation has right spot for them. Remember, cool people have many cool stories because their life is so cool.
- Learn how to laugh at yourself. Being cool doesn't mean being perfect, and being able to find humor in your moments of clumsiness and discomfort is the defining hallmark of being cool. People will not only respect you for it, but they'll like you for being human, just like them.
- Practice your cool walk; everyone has their own cool walk so try to find your own. Try it really slow, or really fast. See what works for you.
- Try writing a list of all of the goals you are aiming for. What essentially makes you cool is your identity. Try to find your talent -- sports, music, art, whatever. People will notice your passion and respect you for it.

* Tips [edit]

- Being cool isn't the same as being popular. Sometimes the "cool" person is a loner. People might acknowledge your coolness without appreciating or understanding it. Their loss. Cool people are the ones who are willing to go it alone anyway, right?
- Be yourself. It is better to be hated for who you are than to be loved for who you're not. Pretending to be someone else will only be uncomfortable and will not make you any true friends.
- Be kind and unselfish. You're not going to win people over by being mean.
- It is not cool to try to get people to notice you. Don't do things just to get attention - there's a reason why we find that behavior irritating in children, and it's a hundred times worse in adults. Trying to get attention or to get noticed will advertise to everyone that you are self-conscious and lack self-confidence. Those things are most definitely not cool. If you are just yourself and don't try to get anyone else to notice you, then suddenly everyone will notice how cool you are.
- Respect everyone and everything around you. If you respect others, they will respect you. And being cool is all about getting respect, most importantly of all self-respect. The best way to get respect is to give it.
- There are many different types of cool, such as:
 - Crazy cool.
 - Rebellious cool.
 - Deep/philosophical cool.
 - Artsy cool.
 - Dark cool.
 - Rock star cool.
 - Athletic cool.
 - Funny cool.
 - Gangsta' cool.
 - Sexy cool.
 - Super cool.
 - Great Hero cool.

⚠ Warnings [edit]

- Trying too hard to be cool just for the sake of being cool will make you *not* cool. It'll be obvious, pathetic, and fake. Remember, being cool is ultimately about being yourself, no matter what anyone else thinks.
- Don't be too confident or you may come off as cocky or arrogant. Make sure you know your limits and the likes of the people around you. Otherwise, strut your stuff like you mean it.
- Don't lose sight of yourself or your morals. Being cool isn't about changing who you are, its about being confident enough to let people see how awesome you really are.
- Don't do anything -- smoking, drinking, drugs, sex -- just to be cool. Make sure you're just doing what you want 'cause you think it'd be fun..

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