



### **Confidence shoes Takeaway**

The Confidence Shoes Takeaway is another example of Anchoring done in a fun way that will give you the perfect confidence boost whenever you need it.

One of our favourite and most fun ways to build confidence is to create some confidence shoes. We know it sounds crazy but just go with us on this one.

- Think about confidence for a moment and think particularly about the situation in which you want to improve your confidence.
- Now imagine which of your pairs of shoes you are going to wear the next time you are in that situation. (Yes, your actual shoes).
- Remove any shoes that you are wearing and go and get those special shoes and place them on the floor in front of you.
- Now thinking back to the situation in which you want to feel confident think about what powerful positive feelings you would like to have that will create that desired feeling. So for example you might say positive, confident and happy.
- Let's take those powerful, positive feelings one at a time.
- So, remember a time when you felt at your most positive. Remember that time as vividly as you can.
- How would you describe the situation?
- How would you describe how you were feeling?
- Imagine you are there right now. Imagine being in that place. See it through your own eyes as if you are actually there. Describe how you are feeling.

- What else can you see and hear. What else can you feel.
- Where is this feeling of being positive in your body?
- As you feel that feeling of positivity rise up inside your body step into your shoes on the floor in front of you taking that feeling with you. Feel that feeling of positivity flow through your body and into your shoes. As you experience the full feeling of being positive look at your shoes and focus on how comfortable they feel.
- Now step back put of your shoes.
- Look at a random object in the room and notice something specific about the colours or patterns on whatever it is you see.

**Now making sure that your shoes are still on the floor in front of you repeat the process for the other two powerful feelings.**

**Once you have done all three continue with the following:**

- Think once again about the situation in which you want to feel more confident.
- Step into you shoes and feel the power of the positive powerful feelings those shoes now hold. Picture yourself in that situation wearing these shoes and notice how confident you have become.
- As always keep practicing by pitting on your shoes and picturing your confident self in that situation.

Don't forget to wear the right shoes when the situation does come around! Don't worry you can repeat the exercise with a different pair of shoes if you wish!