



Wonderful Life Academy

Be the best you can be

Creating a positive Anchor

Decide what type of memory you want to recall from your anchor. In this example we will use being happy as the state we want to anchor.

Find a quiet space and stand with your feet shoulder width apart and your shoulders back. Tilt your head back slightly, close your eyes and smile broadly.

Ask yourself to remember a time when you felt particularly happy. Let the memories flow into your mind until you have one that is specific and you were particularly happy. Now as you go back to that time float into your own body so that you are seeing the events through your own eyes, hearing the sounds through your own ears and really feeling the sensations of being totally happy. Take notice of all of the detail, all of the sights, all of the sounds and smells. Notice how you feel and how the feeling of being happy resonates through your body.

If you were able to recall a vivid memory of being happy then you are ready to set an anchor. Feel free to practice recalling vivid memories until you are comfortable with the process.

So here goes.

Think of the state of mind you want to recall. It may be Happy or confident, calm or positive. Whatever state you want to produce at the 'flick of a switch'. We will use 'Happy' again.

Decide what you are going to use to trigger the memory. It could be a picture, a certain phrase or a physical gesture. For this example we will simply press one of our knuckles with the forefinger of the other hand.

- Close your eyes and remember a time when you felt particularly happy. Let the memories flow into your mind until you have one that is specific and you were particularly happy.
- Now as you go back to that time float into your own body so that you are seeing the events through your own eyes, hearing the sounds through your own ears and really feeling the sensations of being totally happy. Take notice of all of the detail, all of the sights, all of the sounds and smells. Notice how you feel and how the feeling of being happy resonates through your body.

- As you feel the happiness flowing through your body using the forefinger of your right hand I want you to press firmly on the knuckle of the forefinger on your left hand and just as the feeling reaches its peak I want you to press as if pressing a door bell and then let go.
- Open your eyes and come back into the room. Look at your shoes. What colour are they? (This simply distracts you from the memory).
- Now we are going to test the anchor. So try and think of a situation in the future were you would like to feel particularly happy.
- When you are ready press your knuckle with your forefinger to trigger the anchor. Notice what happens.

Did you instantly recall the feelings of being happy?

If you did, great! Over the coming hours and days keep firing that anchor to really embed it in your mind.

If you didn't, don't worry you just need to try again and keep practicing until it works for you. Maybe try a different anchor such as looking at a particular image or holding a particular object. There is no best way to do it, just do whatever works for you.