



Wonderful Life Academy[®]

The Well-Being Charity

Charity Number: 1190534

Perceptual Positions for a more confident you Takeaway

Stand in your natural stance. Become aware of how you feel right now. Specifically, be aware of how confident you feel right now. Notice your stance, notice your facial expression, notice your breathing.

Now imagine a slightly more confident you standing in front of you. Take notice of any differences between you and that person. What is their stance like, what are they wearing, what does their voice sound like, what is their facial expression, what positive comments would people be saying about that person. Notice their breathing and then match their breathing in and out, in and out.

As you breath out imagine stepping forward into that person's shoes and continue to breath in that pattern and adopt the stance of the more confident you. Notice how it feels, notice what is different imagine hearing the positive comments other people are making and notice out it feels.

Now imagine an even more confident you standing in front of you. Take notice of any differences between you and that person. What is their stance like, what are they wearing, what does their voice sound like, what is their facial expression, what positive comments would people be saying about that person, Notice their breathing and then match their breathing in and out, in and out.

Again As you breath out imagine stepping into that person's shoes and continue to breath in that pattern and adopt the stance of the more confident you. Notice how it feels, notice what is different imagine hearing the positive comments other people are making and notice out it feels.

Continue to breath in that pattern and adopt the stance of the super confident you. With each deep breath in notice how confident you feel and where that feeling of confidence is for you. Each deep breath makes you feel even more confident. As you breath in squeeze you thumb and forefinger together pressing hard and letting go just before you begin to breath out.

Turn around and go back to where you where standing at the start. Notice how different it feels.

Now practice triggering your anchor by pressing your thumb and forefinger together hard as you breath in and release just before you breath out.