

Beat those Blues

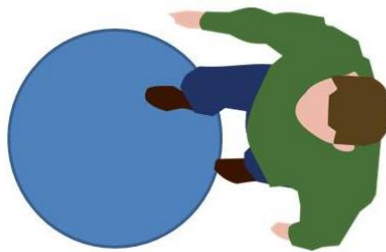
Day 8 – Ring of Confidence

Self-confidence is extremely important to you reaching your goal. We all suffer from low self-confidence from time to time. It took a lot of confidence for you to make the choice to start this journey, didn't it? Sometimes we fail to see the greatness in ourselves. Sometimes we also just need that extra boost to help us along.

Today we are going to teach you one of our Neuro Linguistic Programming (NLP) techniques for confidence. It is called the 'ring of confidence' and we use a technique called anchoring to achieve it.

Before you start the exercise you need to think about a time when you felt absolute confidence. There will be a time; it may be deep inside you. Take the time now to think about it, you will need it to complete the exercise. Make sure that the feelings you felt absolute confidence are strong.

1. Imagine a 'ring of confidence' in front of you as a circle about 2 feet in diameter. This can also be another shape if you like; mine is a heart.



2. Now remember a time when you were totally confident. This can be anything at all; it doesn't have to be work related. If it is an image think of the image now.
3. Go back to that time; feel the feelings that you felt, hear any sounds associated with the image. Are there any smells associated with this time, if there are then imagine those as well. Get to a stage when those feelings are at their greatest.
4. Now step forward onto your circle (or whatever shape you decided to use). Feel the confidence rise up from the floor below you, double and triple those feelings, really enjoy standing in that state of confidence.
5. Once you notice the feelings subside step out of the circle.
6. Now you can test your new 'ring of confidence'. Imagine yourself putting your shape down in front of you and step into the shape. What do you feel? If the anchor has worked then you will feel a huge sense of confidence. If it doesn't work repeat the steps above again and make sure you are using a time when you really felt confident.

Take the 'ring of confidence' with you anywhere; imagine you have picked it up and put it in your pocket or bag or wherever you can easily access it. No-one need know you have it with you; this is yours and can be invoked wherever you want. All you need to do is imagine taking the circle (or shape you chose) and placing it on the ground. You can then surreptitiously step into it to get your immediate confidence boost.

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You can use this technique to invoke other states, such as motivation, happiness, calm, tranquillity, control, relaxation etc. If you do chose another state then make sure you use a different shape so that you have a shape for each state.

Remember to keep looking at your unhelpful thinking patterns and re-framing them. Doing this each day will help cement the positive habits and build your motivation and self-confidence.

We think today would be a good day for you to start using the body energy meditation.

<https://www.yourwellbeinguk.com/just-for-you>

Today we would like you to:

- Start using the body energy meditation
- Complete the 'Ring of Confidence' exercise
- Keep practicing re-framing your negative thinking

With Love xxxx