

## Resources For Show CB004

**Live Your Life in 3D (DDD) Because...**

**DECISIONS**

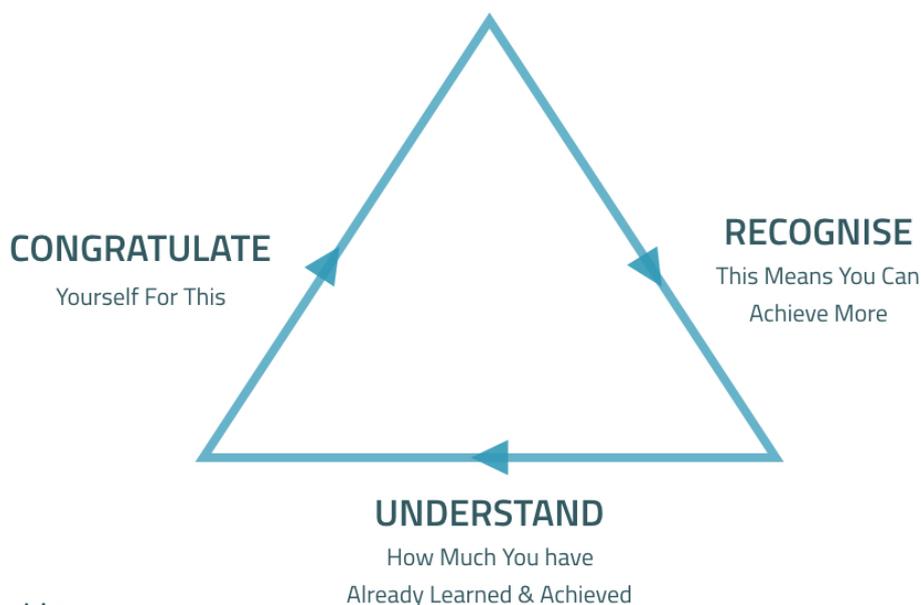
**DETERMINE**

**DESTINY**

 double c coaching



### CONFIDENCE TRIANGLE



## How To Set The Circle Of Influence Anchor

The Circle Of Influence Anchor is a wonderful resource to have with you all the time. It is particularly effective because ‘firing’ it will give you a wonderful boost of confident energy any time you want it.

It is quite simple to set but might need a little conditioning for the best effect. If you find you are having trouble setting it you might want to look up your nearest NLP practitioner or [drop me a line](#) because I would be only too happy to help you.

### Step 1

Look for a memory of a time when you were particularly pleased or proud of yourself. It could be a time when you first learned to write the alphabet and you were so pleased that you ran around showing everyone. It could be the memory of your first kiss or something else that **has wonderful positive memories**.

Take a few moments to think about what is special to you.

### Step 2

Now take a piece of paper and put it on the floor in front of you and step onto it. as you are doing so start to think of the memory you identified in step 1.

As you stand on the paper focus upon the memory and feel the wonderful emotions of happiness that come flooding back. Now increase those feelings by 100% and enjoy them - they should make you smile!

Increase them again and again as much as you can, let them flood your whole being with confident excitement.

Stand there and savour the confident happiness that you feel - if you want to burst out laughing with joy do so!

### Step 3

Now step off the paper and allow your feelings to return to normal as you do so - leave the feelings of confident happiness on the paper.



Walk around the room not thinking about the memory or feeling - it is important to leave it on the paper. Do something 'normal' like checking your email or messages for a few moments.

## Step 4

Now step back onto the paper and **experience the memory and associated happy feelings rise again**. Intensify them, and savour the pleasure they give you - really soak them up.

## Step 5

Repeat steps 3 & 4 until just thinking about the paper starts to give you a charge.

## Step 6

Now remove the paper and imagine it is there and repeat steps 2 - 6 until you can place your imaginary piece of paper anywhere you want to and feel the rush of confident pleasure whenever you walk onto it - you only have to pretend it is there in front of you and step onto it to feel the pleasure.

## Congratulations!

You have now set a powerful anchor and can take your 'piece of paper' with you in your mind wherever you go. Any time you want a confidence boost you just flip it on the floor in front of you and step into the happy feelings.

As an alternative to a piece of paper you might like to choose a circle or ring that you can step into any time you desire. Afterwards, you gather the ring back up and slip it on your finger - it is **your confidence talisman** that you can carry with you wherever you go.

Want Help With This?

If you'd like some help setting this anchor or any other aspects of becoming more confident drop me a line: - <http://www.doubleccoaching.com/Contact.html>

Best wishes,

Stuart

