



## ENCOURAGE EXERCISE #19

### Increasing My Level of Confidence

---

#### DIRECTIONS

Your perception of yourself has an enormous impact on how others perceive you. Perception is reality — the more self-confidence you have, the more likely it is you'll succeed. Research suggests that by *visualizing yourself in past situations you were confident you actually build the capacity to become more confident in the future*. By remembering past experiences will reinforce the emotions and behaviors that made you successful in the past.

1. Visualize a time that you felt really confident. What were you doing? What emotions would you use to describe how you felt when you were confident?
2. As you remember feeling confident, you will start to *feel* confident. Think about this confident feeling, where in your body does this feeling of confidence start from? Think about your feeling of confidence – where does the feeling start in your body?
3. Imagine you could see your confident feeling, what *color* is your feeling of confidence? Make this feeling brighter and stronger.
4. Does your confident feeling, feel *hot or cold*? Double the temperature of your confident feeling
5. What *song, phrase, mantra or vision* can you associate with feeling confident and seeing yourself totally confident? Practice singing this song in your head, repeating this mantra or seeing this vision clearly to illicit your neural memories about being in command and successfully performing.