

# Circle of Excellence

A technique to access a desired state of excellence.

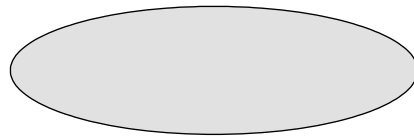
## Process

**1. Relive the excellent state**

In standing position, go back to a time when you were very confident, abundantly confident. Relive that moment, seeing what you see, hearing what you hear.

**2. The Circle of Excellence**

As the feeling builds, imagine a coloured circle on the floor around your feet. What colour is the circle? How about a sound that indicates how powerful it is?



Let the feeling of confidence build and build, and as it does, let the circle grow and light envelop you. When the feeling of confidence is at its fullest, step out of the sphere leaving those confident feelings inside the circle.

**3. Selecting the cues**

Think of a specific time in the future when you want to have just that feeling of confidence. See and hear what will be there *just before* you want the feeling.

**4. Linking**

When you have those cues are clear in your mind, step back into the circle and feel those feelings of confidence again. Imagine the situation unfolding around you with these confident feelings fully available to you.

**5. Check results**

Step out of the circle again, leaving the feelings behind. Think of the upcoming situation, and notice how you feel about it now.