



Powerful Physical State

Hello you wonderful human!

Welcome to day **5!**

There are certain physical states and characteristics that naturally bring forth an optimal state of mind.

The way you hold your body reveals a whole lot about your state of mind. I would bet you have noticed some people who look depressed just from how they are standing. That posture attracts negative energy to them and reinforces the depressed state.

Today I invite you to become more aware of how you hold your body. I want you to consider what your goal is, and hold yourself as if you were someone who has now achieved that goal. Have you become fitter? Or are you now in your idea job or building your business? Or are you someone who is bursting with joy and enjoying life without a care in the world? Or have you created the family harmony you desire?

Today you are going to hold your physical body with pride and confidence.



Adjust your posture to reflect your goal and simply ask yourself:

- ➔ How would I physically hold my body when I achieve my goal?
- ➔ How would I use my body if I was filled with passion or enthusiasm?
- ➔ How would I use my body if I was the most charismatic and confident person alive?
- ➔ What would people notice about how I carry myself and my gestures?
- ➔ What would I say to myself?
- ➔ What would I focus on?
- ➔ How would I talk?
- ➔ How would I interact with others?
- ➔ What kinds of decisions would I make?
- ➔ What kinds of actions would I take?
- ➔ What would my facial expressions be like?

Allow yourself to immerse yourself in your responses. Put reminders on your phone during the course of the day that say to walk and stand in confidence. Notice how your thinking changes when your physiology changes.

You can choose a powerful state at any time.

Update me in the Facebook group! 