

Circle of Excellence Exercise

Practice using the circle of excellence – it allows you to use a trigger, that of stepping forward into an imaginary circle, usually accompanied by a hand gesture, to boost a positive state of mind when under pressure.

Identify several specific situations when you were

- Totally motivated
- Totally excited
- Totally confident
- Really successful
- Totally energized

The Circle of Excellence Process:

1. Staying outside the circle, identify the state of mind you want to anchor. E.g. confidence, motivation, energetic.
2. Step into the circle and remember a time you were in that state. Notice the sights, sounds, smells and your feelings.
 - See what you saw
 - Hear what you heard
 - Feel what you felt
 - Smell what you smelled
 - Taste what you tasted
3. When you have the experience in your mind at its strongest, hold that thought, then anchor it with a distinctive hand movement that you don't normally use. E.g. you could pinch your index finger and thumb together in a circle or grip your little fingers together.
4. Step out of the circle and repeat step 2 and 3 recalling a second experience when you were in the same best state. Step out of the circle.
5. Think of a time in the future when this state will be useful to you.
6. Step into the circle imagining the success of the future event and firing off the distinctive hand anchor that you created at the same time.
7. The more you repeat the exercise the stronger the anchor will become!

