

The Circle of Excellence!

1. **Have the client identify a state of excellence** that they would like to feel anytime. A time when they felt unstoppable, completely confident, completely loved, completely loving, fully happy, etc. or all of these. This can also be a vision of someone they would like to model.
2. **Have the client choose an anchor word** like “YES!” or “NOW!” or something that allows them to feel intense feelings for the state that they desire.
3. **Have the client imagine a circle on the floor** in front of them. Ask them what color the circle is for them and tell them that whatever color they choose is the *perfect* color for them.
4. **Have the client see an image of them self or their model** with the state of excellence that they desire to have. (Have them see everything clearly. Sharpen the Sub Modalities. Make it so that they are excited and can't wait to become a part of what they see)
5. **Tell them that when they step into the circle**, they will associate *fully* into the state of excellence.
6. **With intensity tell them to “STEP INTO THE CIRCLE** and fully experience these feelings. See everything through your own eyes now... Hear all of the sounds around you... Notice how good this feels right now!
7. **Have them say YES!** Or whatever the anchor word is.

8. **Calibrate** (notice when their intensity begins to go down) and ask them to step out of the circle while telling them to keep all of those feelings inside the circle.
9. **Have them step into the circle again** and calibrate. If needed redo exercise, only with more intensity.

Note* What's great about the circle of excellence is that you can do this exercise by yourself as well. You can also imagine picking up your circle of excellence (making sure to note the color, brightness, shape, etc.) and fold it up, put it in your pocket and pull it out anywhere. Before a job interview, before a big date, you name it. Have fun with it!