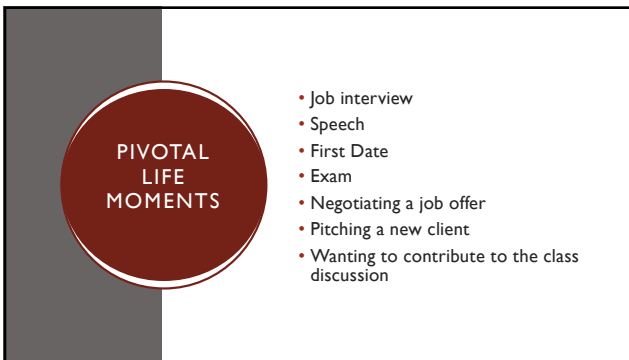




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Our body language influences how other people think and feel about us,
AND
It also determines how we think of **OURSELVES**

7



EXERCISE


Recall a moment when you felt personally powerful. A time when you had the confidence to act on your boldest, most sincere self, with the sense that your actions would be effective. Maybe it was at work, school or home. Take a moment to remember that experience and how it felt.

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*** Life Hack #1**



9



CALL UPON THIS MEMORY THE NEXT TIME YOU NEED A CONFIDENCE BOOST

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CHANGING THOUGHTS BY MOVING BODIES

- People who stand in upright positions vs. slumped positions have an easier time recalling positive memories (Peper & Wilson, 2004)
- Think "alignment"
- When it is easier to conjure up positive memories from the past, it is easier to generalize to the future

11

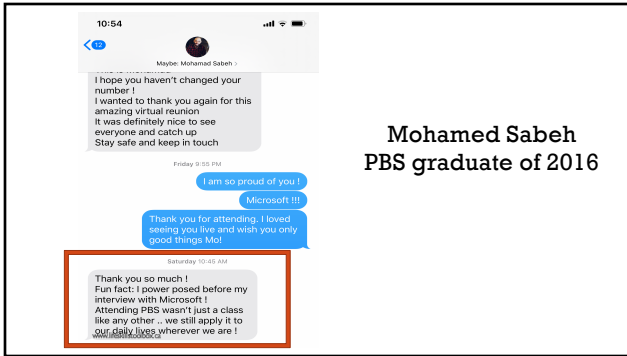
Life Hack #2

Recall a former success standing in an upright position

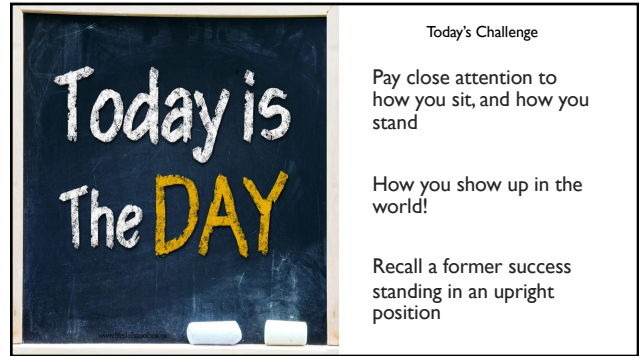


Do slumped and upright postures affect stress response? A randomized control trial NG8; Sogter, Sellers, Consedine, Broadbent; 2015; Health Psychology

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