



CENTER FOR TRUE HEALTH

Circle of Excellence Technique

The Circle of Excellence Technique is a simple yet powerful hypnosis technique to magnify your inner confidence. Use it anytime to transform your state of mind.

- **Visualize:** Stand and imagine a circle on the ground in front of you.
- **Fill with Confidence:** Think of a time you felt confident. What were you doing? How did it feel? Let this fill the circle.
- **Add Sensory Details:** Infuse the circle with warmth or coolness, hear empowering words or sounds, and perhaps even imagine a scent that represents this state.
- **Step into Excellence:** Count to 3, stepping into the circle, embodying the sensations of confidence.
- **Practice Regularly:** Reinforce this state by using this technique often. The more you use it, the stronger your confidence becomes.