



Intuitive Compass, Emotional Switch

Today's Experiment

Part One - Using your Intuitive Compass

1. Think about an area of your life where you would like to increase your success, happiness, and/or well-being.

Example: My physical well-being

2. Do whatever you do to relax. Tense your muscles, then release them. Take three slow, gentle breaths into your heart. Let a gentle smile spread throughout your entire body.
3. What do you intuitively feel would make a positive difference in this area? What do you intuitively feel holds you back in this area? Play with the following sentence starters until you find which one works best for you:

I've got a feeling...

I want... , I sense, I know

Example: I've got a feeling that 8 glasses of water a day is too many for me. I want to eat less cheese and dairy. I sense that if I slept more, my skin would clear up. I know that the more often I tune in to my intuition, the better my life goes. I know that if I don't sleep, I feel tearful. I know that I feel best when I eat 4 or 5 times a day. etc.

Part Two - Throwing Your Emotional Switch

1. Think of something you are going to be doing in the next week.

Example: Making a sales call

2. If it were entirely up to you, how would you like to feel while making your sales call?

Example: Confident, loving, and playful

3. Imagine a circle on the floor of any colour. Fill it up with the feelings you desire. You can do this by thinking of a time you felt that way in the past, by repeating the words that describe the emotion (i.e. "confident, confident, confident") or simply by using your body 'as if' you already feel that way.

Example: I fill my circle with confidence by standing in a confident posture and speaking to myself in a confident, swaggering tone of voice. I add in love by thinking about someone I know who loves me and whom I love very much in return. I remember a time when I was laughing and joking with friends, and put that in the circle for playful.

4. Step in to the circle and let the feelings spread through your body. As you feel them, visualize yourself doing the thing you want to do. When the feelings start to fade, step out of the circle and "recharge" it with emotion, then step back in.

5. Repeat steps 3 and 4 until you automatically feel the way you want to feel while imagining and/or doing the thing you want to do!

To sign up for Michael's tips send a blank email to subscribe@successmadefun.com. www.successmadefun.com

© 2004 – Michael Neill

International Institute of Coaching, Ltd.
Coaches and Coach Training Providers Accreditation Body
creating excellence in the coaching profession

IIC, 7348 Maple Terrace, Traverse City, MI 49686, USA
IIC, P.O. Box 407, Ashford, TN24 8WS, UK
www.internationalinstituteofcoaching.org

Registered Office: 812 South Garfield Ave, Suite 3, Traverse City, MI 49686, USA