

Getting Into State

Tips:

Observing States

- What kind of state are they in
- Power full
- Resource Full
- Can you observe people change state

Notice Your States

- What gets you into state
- What takes you out of state
- Can You Change From A Negative State to a Positive One?

Getting Out of State

- Break State
- Ritual
- Music

Short Cut To State

- Power Music

Anchors

- Think of pleasant memory
- Triggers of that memory
- They're playing our song

What creates an anchor

- Any connection between a feeling and an event
- Music
- Space / position
- Keep sake
- Touch
- Perfume
- Taste
- Story

What are our power anchors

- When was a time you were in a peak state
- What would serve as a strong reminder of that state?
- My Orca Whale
- My photo with Dr. Dave Dobson

See
Hear
Feel

Creating Our Power Space

- What Location
- What Position Are We
- What are we wearing
- Tiger's Red Shirt