



HAVASS
Academy & Coaching

DAY 20

We all have some special moments in our lives ...

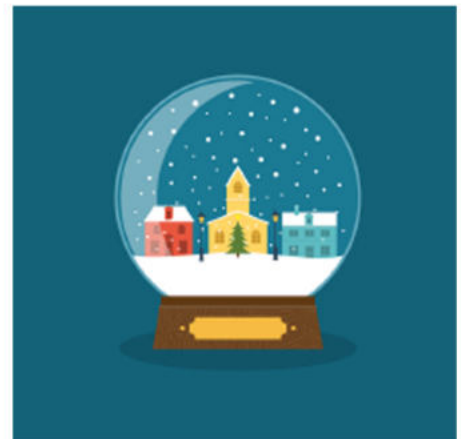
I am talking about those moments that are engraved in our memory, where we can feel the same feelings over and over again when we remember them. If we reinforce those special moments enough, we create a new reality about ourselves.

If you keep thinking about the moment when your friends made s, ch fun of you than if you reinforce it, you will decide that you are pathetic. (We mentioned that you are right, whatever you think of yourself). If you replay a moment when everyone praises you and you feel so charming over and over in your mind, and practice that feeling, after a while you will accept it as your reality.

Congratulations, you are now a very attractive person....

Come on, choose one of those special moments today!

Find a moment when you felt very confident and proud of yourself.



Close your eyes.

Return to that moment and begin to see and feel. What were you wearing? What was in the environment? What was the weather like? What exactly happened? Most importantly, HOW did you feel? Focus on the pride you felt, the sense of power you felt.

Remember.

This way you play the right movie in your head and remember your strength.

Use this visualization practice when you feel powerless. There is no side effect to watching this movie over and over again. :) most enjoyable parts of the game! :)

Don't forget to write on the worksheet how you feel at the end of the day! See you tomorrow!



Tasks

- Find a moment when you feel very powerful and visualize it in your mind. Write your experience on the worksheet.
- Listen to your affirmation before you go to sleep at night.

