



**HAVASS**  
Academy & Coaching

## DAY 27

### *Did you know that our mood affects our posture?*

When we feel insecure, when we are anxious, we physically stand in closed positions. We clasp our hands, pull our legs to our stomach, drop our shoulders, tie our arms together.... On the contrary, when we are confident and satisfied with our state, we stand with our arms open and our chest outstretched. Did you know that exactly according to the same logic, the body also influences our mental state?

Social psychologist Amy Cuddy conducted research in 2010 and discovered that the power posture increases participants' testosterone levels and decreases the level of the stress hormone cortisol. It encourages using this posture to gain confidence: the "Wonder Woman" pose with legs open and hands at the waist! Before job interviews or in tense moments, "It becomes real to the degree you believe it!" She suggests thinking of this pose as a physical manifestation of your understanding. In addition, jumping, also activates the energy in our bodies. It's like shaking a drink whose sentence has settled to the bottom!



### *I challenge you;*

Are you ready today to take the power posture at least three times and shake the energy that is healthy on the ground by jumping? When you wake up in the morning, first place your hands on your waist, spread your legs, take a deep breath and say "I am excellent!" Repeat the same movement throughout the day as soon as you remember. You can activate the wild spirit within you by using your body. Did I tell you to write your experience on the worksheet? :) See you tomorrow!



### *Tasks*

- Take a position of power today by following the instructions above at least three times at different times. Write your experiences on the worksheet.
- Listen to your affirmation before you go to sleep at night.



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