

"How to walk and talk to reach your goals "



recording

The way we talk and hold our bodies when standing or moving has an impact on what we believe is possible or not. We can empower or disempower ourselves by using "positive" language - e.g. "and" instead of "but", focussing on our strengths and opportunities instead of limitations - and moving in a way that supports this and our confidence - e.g. holding ourselves up, expanding, bouncing, taking up space, etc.

Micro practices

Walking the dream

Think of an idea or project you never dared to realise. Write down on a paper all strengths you have and all factors that could help you move towards it. Imagine you have already realised it and bring that sensation into movement/walking. Practice this way of walking/moving in daily life while repeating the thoughts of strength and opportunity you have written down.

Committent

State a concrete step you can take to move toward your idea or project and say it in front of a trusted person who will hold you accountable for your committent.

E.g. "I want to change my job and I commit to get some embodied coaching to cultivate the self-confidence that I need" ;-).

Join my upcoming workshops about inner critics' antidotes and movement while working from home. As webinar participant you'll benefit from the discounted rate ;-) Reach out if you need personal advice: susanna@embodytopia.com.