

CIRCLE OF EXCELLENCE

Choose a resource that would be useful to have in an upcoming situation. A resource that is true of you when you are at your best.

1. **Imagine a circle**, in your favourite colour, placed on the floor at a point of your choosing.
2. As you think about a time when you had **that particular resource**, imagine you are seeing it **happening again**, inside the circle. Even if you can't see it clearly, pretend that you can, making that "you" appear life size.
3. Now **step inside** the circle, fully into that you, so that you are **reliving the experience**, seeing what you're seeing, hearing what you're hearing, feeling all of the feelings again. It may help to make the pictures bigger, brighter, more colourful...turning up the volume of the sound...doubling the intensity of the feelings with every breath.
4. As the **feelings reach a peak**, notice the colour of your circle glowing, and then step outside. Imagine that those resources remain inside the circle, ready for use when you step in again.
5. You can **repeat the above steps** both to intensify the state and for any additional resources you may require.
6. Now **think of the trigger**, the very first thing you will see, hear or feel in the upcoming situation. As you do that, **step into your circle, reaccessing all your resources**, letting the colour glow. Take these resources to where they are needed and **notice how things are different now**, how things have **changed for the better**.
7. If any negative feelings still remain, **recycle through the process** adding different resources to get the result you want.

You can find many ways of utilising the Circle of Excellence as a change format in **Changing with NLP**