

BRING YOUR BEST GAME TO LIFE

WORKSHEET 1 - THE POWER OF PRESENCE

WATCH:

Amy Cuddy's [TED talk](#).

WRITE:

Think about a time you exuded physical confidence on the field or court. What did it feel like? What did your body look like?

OBSERVE:

What does the shape of your body look like right now? Is it large (legs and arms open, taking up all of the space available to you; chin and eyes up; shoulders squared)? Or small (legs crossed, arms crossed; touching your neck or belly; eyes cast down; shoulders slumped)?

- Where are you most likely to show up as the biggest possible version of yourself? Why?
- Where are you most likely to show up as smaller? Why?

TRY:

Identify one place where you'd like to show up with a more confident physical presence. Give yourself two minutes before you need to be there, find a quiet, private place, and take a power pose (arms up in the air in the shape of a 'V'; feet spread wide and hands on your hips or behind your head, elbows facing out, etc.) for 2 full minutes. Notice how you feel.

Attempt to maintain this physical presence through your time in this place or situation. When you notice yourself shrinking, that's ok, just allow yourself to come back to a confident, open pose.

See what's possible from this place. Write about it or share with a friend.