

Perfect Posture

Project Confidence and Charisma

mindpersuasion.com

Instructions

Listen with headphones and eyes closed. Visualize any situation where you have perfect posture. See how people respond to your posture. See pictures or images of yourself.

Tips for Success

Keep a daily journal and record any objective evidence that you are developing better posture. Write down any positive comments others make.

Please visit our forum to share your successes, or to ask any questions:

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Affirmations

I have perfect posture

my posture is confident

my posture is dominant

my back is straight

my shoulders are back

my eyes gaze forward

I walk with confidence

I talk with confidence

I sit with perfect posture

my back supports me

I support my back

my muscles are in alignment

my spine is in alignment

I walk gracefully

I stand up straight

I am open and confident

my body language is open and confident

I keep my head up

I keep my gaze forward

I am in perfect balance

my body is in perfect balance

my back is in perfect balance

my spine is in perfect balance

my shoulders are in perfect balance

my body is an efficient machine

my body is an elegant machine

I am strong and healthy

I am strong and flexible

my body is strong and supple

I have beautiful posture

I have magnificent posture

I have healthy posture

I walk with perfect posture

I walk with magnificent posture

I walk with healthy posture

I sit with perfect posture

I sit with magnificent posture

I sit with healthy posture

You have perfect posture

your posture is confident

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