# Circle of Excellence

This process was created by John Grinder and Judith DeLosier.

With this process you can get into a very effective and resourceful state. You can use it to feel more confident, relaxed and powerful before an interview, an exam, or any situation at which you need to be at your best.

You may find that it is best to record these instructions and play them back to yourself as you follow them.

1. Imagine a circle on the floor in front of you – about 2 foot in diameter. Make it memorable, you could make it a circle of gold, of fire, or electricity, - whatever you like.
2. Choose a state that it would be good to have access to at will – ‘Confidence’ would be a good one but you can substitute whatever you like.
3. Now remember a time when you were in that state. It can be any occasion. It doesn’t need to relate to what you are going to do. For confidence you could choose a party where you were having a good time and confident, or you could choose a time you spent with your family where you were totally confident of yourself. The state is the thing, not the situation.
4. Step into the circle you have created in front of you and as you do, imagine yourself as vividly as you can, in the situation where you were confident. Really slip into your body, as if you were there. See what you saw, feel the confidence flowing in you, imagine the sounds, your surroundings – really be there. Make it vivid and real – bigger and brighter than reality even.
5. Eventually the state will naturally start to subside. Step out of the circle as soon as possible when this happens so that you were at your best, or even slightly before your best while in the circle,
6. Break your state for a moment – give yourself a shake, look around the room or chat with someone for a moment.
7. Step into the circle again and see if you feel the state again.
8. Repeat instructions 4 – 7 again until you can easily take on the state just by stepping into the circle.
9. When you are finished, pick up the circle, shrink it, and put it on your finger like a ring. Whenever you want to access the state again, take the ring off your finger and put it on the floor just where you will be when you need it and step into the circle again.