

8 CHARISMA BOOSTING EXERCISES



WORKBOOK + POSTERS

IMPROVE YOUR CHARISMA IN BOTH
THE WORKPLACE AND YOUR
PERSONAL LIFE WITH THESE 8
EXERCISES

IN THIS WORKBOOK YOU WILL IMPROVE YOUR:

These exercises will greatly increase your
confidence, calmness, presence, happiness
and most importantly, **charisma**.

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RESPONSIBILITY TRANSFER

The next time you feel yourself considering alternative outcomes to a situation, pay close attention. If your brain is going around in circles, obsessing about possible outcomes, try a responsibility transfer. Transfer all of your anxiety and uncertainties to a greater entity.

1. Sit comfortably or lie down, relax, and close your eyes.
2. Take 2 or 3 deep breaths. As you inhale, imagine drawing in clean air toward the top of your head. As you exhale, let that air whoosh through you, washing away all worries and concerns.
3. Pick an entity - e.g. God, Fate, The Buddha, whatever may best suit your beliefs - that you imagine as benevolent.
4. Imagine lifting the weight of all of your worries from off your shoulders e.g. the anxieties about that meeting or interview. Place it on the shoulders of whichever benevolent that you've chosen, they're in charge now.
5. Visually lift everything off your shoulders and feel the difference as you are no longer in charge and responsible for the outcome. It is down to the entity, down to fate, it is taken care of.

DELVING INTO SENSATIONS

This exercise will help you to become comfortable in uncomfortable situations, but you'll need to find a partner for this exercise and be able to sit and relax for a while.

- Set a timer for thirty seconds and then look into partners eyes. Keep your gazes locked from now on.
- As soon as you become aware of any discomfort, pay very close attention to it. Notice where the feelings are located in your body. Mentally name the sensations e.g. pressure, constriction or tingling.
- Delve into each sensation as much as you can, describe each one with as much detail as a chef describing his speciality dish.
- Let the awkwardness build. How does it manifest itself physically? Name the sensations.

When you feel the urge to laugh, or talk, or relieve the discomfort resist it. This is your chance to practise delving into the sensations, not avoiding them.

NEUTRALISE NEGATIVITY

Use the techniques below any time you'd like to lessen the effects of persistent negative thoughts. As you try each technique, pay attention to which ones work best for you and keep practicing them until they become instinctive.

- Don't assume your thoughts are always accurate. Just because your mind comes up with something doesn't necessarily mean it has any validity.
- Depersonalize the situation. For example, instead of saying "I'm feeling shame", say "There is shame being felt". Think in the 3rd person. Imagine you are a scientist observing your brain e.g. "There are negative thoughts arising, how interesting"
- Imagine seeing yourself from afar. Zoom out as far as you can, see the Earth, the sun, our solar system, and the milky way. Then zoom back into your continent, country, house then your brain. See your little self and the even smaller electrical impulses firing around your brain. One little being having a particular experience at a particular moment.

STRETCHING YOUR COMFORT ZONE

These exercises are similar to the 'delving into sensations' exercise but slightly different, they help you broaden your comfort zone and build comfort with discomfort. Since most of these involve some degree of awkwardness, it's best to use them in low stake encounters.

- Hold eye contact for longer than comfortable. Practise it with passengers in passing cars at a bus stop or on the passengers in the bus. This helps you build resilience to the discomfort that it creates.
- Experiment with personal space, move closer to people than you usually would in an elevator, for instance. Notice how strong the urge is to revert to your standard behaviour, but don't give in. It's beneficial.
- Strike up a conversation with a complete stranger. For instance, as you wait in line at a coffee shop, comment on the pastries and then ask your neighbour an open-ended question such as "I'm trying to decide which is the most sinful: a muffin, or a brownie. How would you rank them?"

DESTIGMATISING DISCOMFORT

The next time an uncomfortable emotion is bothering you. Try to destigmatising it with these steps:

1, Remember that uncomfortable emotions are normal and natural, and simply a legacy of our survival instincts. We all we all experience them from time to time.

2, Dedramatise: this is a common part of human experience this happens every day

3, Think of others who've gone through this before, especially people who you admire,

4, See it as a burden shared by many. You are a part of a community of human beings experiencing this feeling at this moment.

VISUALISATIONS

The following visualisation is a great tool to increase the amount of power you want to convey. You can try this exercise at home on the couch, at work sitting at your desk or just whenever you get an opportunity to close your eyes for a minute.

- Close your eyes and relax.
- Remember a past experience when you felt absolutely triumphant - for example, a day you won a sports match or got a promotion.
- Hear the sounds of the room: the murmurs of approval, the roar of the crowd.
- See peoples smiles and expressions of warmth and admiration.
- Feel your feet on the ground and the congratulatory hand-shakes.
- Feel your feelings, the warm glow of confidence rising within you.
- It's very important to experience all of your senses to make the visualisation the most realistic.

PRACTISING COMPASSION

Warmth is a vital component to charisma and compassion gives you warmth to balance your power, and can save you from appearing overconfident or arrogant. Take the 3 steps below to practise compassion for someone you know:

1. Imagine their background: What if you had been brought up in their background, with their family and circumstances, with their family and upbringing? What was it like growing up in their family situation? It's often said that everyone has stories to tell, and that everyone has a few that would break your heart. Consider if you had been brought up in exactly the same situation as them, wouldn't you have turned out just like they have?
2. Imagine their present: Put yourself in their shoes. Imagine what it feels like to be them today, put yourself in their skin, see through their eyes. Imagine what they're feeling - all of the emotions that they're holding back.
3. If you really need compassion dynamite look at them and ask: What if this was their last day alive? You can even imagine their funeral. You're at their funeral, and you're asked to say a few kind words about them, to their family and friends.

METTA

VISUALISATIONS

Metta is a Buddhist practise and is crafted to take advantage of instinctive human tendencies. Our absorption of respect and authority.

- Sit comfortably and close your eyes, take 2 or 3 deep breaths. As you inhale imagine fresh, clean air drawing in towards the top of your head; then let it whoosh down through you from head to toe as you exhale, washing away all concerns.
- Think of any occasion in your life when you performed a good deed, however great or small. One moment of truth, generosity, or courage. Focus on that memory for a moment.
- Now think of a being whether past or present that you hold in high regard e.g. Buddha or Jesus who could've had great affection to you.
- Picture them in your mind. Imagine your warmth, their mindness and compassion. See it in their eyes and smile.

- See yourself through their eyes with warmth, kindness and compassion. Feel them giving you complete forgiveness for everything your inner critic says is wrong. You have a clean slate.
- Feel them giving you wholehearted acceptance. You are accepted as you are, with all of your perfections and imperfections.
- See them repeat these phrases over and over:

You are perfect. At this stage of development, you are perfect.

At this stage of growth, you are perfect.

At this stage of perfection, you are perfect.

With all your imperfections, you are perfect.

At this phase of growth, you are perfect.

With everything that's in your head and heart, you are perfect.

- You are fully approved just the way you are, at this stage of development, right now.

CHARISMA QUICK TIPS

WARMING UP YOUR CHARISMA

When warming up for an important charismatic event use these 2 simple steps:

- Go over your schedule for the hours leading up to the event. Think about how the activities you have planned will affect you, and if they will affect you badly such as damage your confidence or make you angry. Simply, postpone them.
- Create your own music playlist for the internal state you'd like to have. For example, make one for energy and confidence containing lots of upbeat music or another that makes you feel calm and empathetic. This step is surprisingly effective and fun to do.

ANYTIME YOU'RE FEELING ANXIOUS

This is a quick and effective visualisation to diffuse anxious thoughts and feelings:

- Oxytocin is the chemical for trust that neutralises anxiety, and we receive this chemical from interacting with loved ones.
- So, next time you feel anxious simply visualise yourself hugging some of your loved ones. Imagine being wrapped up in a big hug by those who you care about.

**Thanks for downloading in our 8x Charisma
Boosting Exercises!**

We would love to receive your feedback and progress
at **60secondswitch@gmail.com**

And if you have any other **resources** or **challenges**
that you would like to see in the future.

Please let us know and we will create them **without
hesitation!**



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