



The
enchantingLawyer[™]

Action Guide

Baya Voce

1. Try Anchoring

Baya talks about how the process of anchoring is great for inducing certain emotions – such as confidence. By anchoring the feeling of confidence to a certain part of your body, you can then touch that part to induce the emotion.

How Does It Apply?

Write down below what emotion you are hoping to anchor.

2. Select a body part

Baya explain how she uses her knuckles as a body part to anchor an emotion to. This is because they are easily accessible but not touched often.

How Does It Apply?

Write down below what body part you want to anchor to.

3. Anchor and See the Results

Baya describes the anchoring process:

- Close your eyes and think about when you were feeling the desired emotion 100%, and concentrate on it. Once you can hear feel and see it, hit the anchor point and stay with it until the emotion starts to fade
- Open your eyes and shake it out
- Now close your eyes again and do the same thing
- Open your eyes and shake it out

Do his twice a day for a week,

How Does It Apply?

Write down below what your findings are. When you need that emotion, touch your anchor point and see what happens.