



# Anchoring Desirable States

Are you ready to lock-in a desirable experience?

Picture and imagine that you are on a boat, anywhere that you would like to be, experiencing anything you would like to experience.

Now, imagine that you have arrived at the perfect place and would like to stay there.

What would you do?

To hold that perfect place, you will lower your “anchor” to remain in that perfect place.



For this skill, we will “anchor” your desirable states of being.

1. Select a gesture that you would not normally do.
2. Enter your desired state. See what you see, hear what you hear, touch what you touch, smell what you smell, and feel what you feel.
3. Send this rejuvenating energy throughout your entire body, and just before you reach the peak of the intensity of this experience, use your gesture.
4. Repeat steps 2 and 3 as many times as necessary.
5. Wait a little while.
6. Perform the gesture.
7. Notice your reactions.