

CHECKLIST

Changing Your Energy



Below is a checklist that we challenge you to accomplish so you can change your energy and network like a pro:

Let's begin!

- ☐ Position your power posture, stand straight and confident!
- ☐ Set an intention: "I have the intention to meet people who help me build my website."
- ☐ Feel your feet firmly on the ground.
- ☐ Practice positive affirmations such as: "Wherever I go, I create powerful, positive connections and meet positive people who help me get to the next level."
- ☐ Check your vocal presence by focusing on the area below your navel.
- ☐ Embrace your fears by imagining the worst-case scenarios and how you will deal with it.

