

GATEWAY TRAVEL

• LEADERS IN TRAVEL AGENT SERVICES •

Power Posing

This 12 day experiment with Power Posing will allow you to see the differences in your daily life by posing with positive poses or negative poses. To do this experiment properly, please refer to the positive and negative Power Poses reference in the “Power Pose Examples” supplement sheet on the Gateway Agent Website in Module One.

In this experiment, you will see in the example to the right, how to chart your experience.

Confidence Level: Rate your confidence level based on how you feel throughout the day. Your confidence level will be based on a score from 1-5. If you would like to increase happiness at the same time, just smile while you pose.

Positive and Negative Time Posed: Pose in a positive or negative manner for anywhere from 2 to 5 minutes and mark your time. Write the number as a positive number if you posed positively, or write it as a negative number if you posed negatively.

Confidence Level with Power Posing

	CONFIDENCE/ HAPPINESS LEVEL	POSITIVE/NEGATIVE TIME POSED
Sun	2.00	2
Mon	2.00	3
Tue	3.00	2
Wed	1.00	-3
Thu	2.00	2
Fri	0.00	-2
Sat	2.00	4
Sun	4.00	3
Mon	1.00	-3
Tue	4.00	5
Wed	5.00	2
Thu	5.00	2

Confidence Levels with Power Posing

