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Circle of Excellence

1. Create a neutral state (mental saltine).
2. Imagine circle on floor in front of the chair where you sit.
3. Elicit desired resource state.
4. Amplify to a nine or ten out of ten.
5. Project (A,V,K,O,G) into circle.
6. Get up – step into circle and attain peak state.
7. Set anchor (foot tap, mantra word, other anchor.)
8. Stop out of circle before state fades.
9. Return to saltine state.
10. Fold up and put in your pocket.
11. Access the resource anytime it is desired in the next day, week, or month.

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