



Module 1 Exercise 7: The Superman Stance

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Module 1 Exercise 7: The Superman Stance

I know that there are certain times in my life where I find it difficult to find my confidence and muster up the ability to act calm, cool, and collected.

That was until I found this kickass video on YouTube of Amy Cuddy giving a speech at a TED Conference about how standing in a posture of confidence (power stances) can affect testosterone and cortisol levels in the brain and could impact success.

Basically, Amy described a way of altering your posture so that your chest is more open, your shoulders are pulled back, with your arms on your hips and your head held high. Just holding this posture for two minutes will alter your biological chemistry so that you have increased testosterone and lower cortisol levels (which accompany high stress and anxiety).

Which means in normal English that standing a certain way can actually alter the way women see you and increase your success with women.

So when you are in moments of doubt or insecurity, for example at a bar, a singles mixer, at school etc., and you want others, especially women, to see you in a more confident light, do the superman stance. It will immediately get you into a more confident mood, and that's what you'll project to others.

Couple this with your new default face and you'll be golden with the ladies.

Here's what I want you to do:

1. Watch this video and really take in what she is saying. Note: the first few minutes of the video are just her talking and introducing the concept of her speech, so you can skip the first 4 minutes if you want: http://www.youtube.com/v/Ks-_Mh1QhMc
2. Practice the superman stance in the mirror every morning and see what effect it has on you.

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3. Write down how you feel after you do the superman stance.
4. Then start to implement the superman stance into your everyday life. Before you go into a meeting, before you order your coffee in the morning, before you go out for the night with your friends, before you go on a date.

Before you go out at night, or even before you walk into your place of work or school, take two minutes to stand like Amy Cuddy tells you and see if it has an effect on you.