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Transform Butterflies into Confidence

6 PRO Tips

1. Root in Your Feet

When your mind is racing, grounding your body brings you back into the present. You don't need to stand barefoot in the grass—just curl your toes under in your shoes. Feel your foot muscles engage, your legs respond, even your glutes activate. This simple root-down move instantly gathers scattered energy, brings it inward, and anchors you before you speak. You become centered, connected, and steady.

2. Exhale to the Bottom of Your Lungs

A full exhale tells your body, "You're safe." Breathe out slowly for a count of 6 (or more), releasing every pocket of stale air. Shallow breaths signal stress—but a complete exhale clears space for fresh oxygen and calm. This shift resets your nervous system and allows confidence to rise naturally in place of tension.

3. Expand Your Physical Presence

When you stretch into space, you signal to your body that you belong here. Stand tall. Open your chest. Place your hands on your hips or lift your arms like wings. Feel your spine rise like a sprouting seed reaching for light. These posture shifts aren't just for show—they trigger the hormones of confidence and help you speak from a place of strength and openness.

4. Focus on the Value You're Offering

Nerves often come from self-focus. Flip that by tuning into what you're here to give. Ask yourself: *Why does this matter to them?* Whether it's insight, encouragement, clarity, or connection—when you speak from service and purpose, your energy shifts. You become a guide, not a performer. That's where real presence lives.

5. Say “Excited,” Not “Nervous”

Here's a brain hack: nerves and excitement feel the same in the body. Racing heart? Sweaty palms? That's your system gearing up. So when butterflies show up, smile and say, “*I'm excited.*” Your brain believes your words—and your whole vibe shifts to one of empowered readiness.

6. Reframe Our Aim

Instead of locking onto a specific outcome, focus on the moment you're in. Speak to connect. Listen to understand. Take just the next step. Let go of perfect. By engaging fully with *this* moment, you stay responsive and open—and that's where real magic (and confidence) lives.

Ready to take your communication skills to the next level?

If these quick wins sparked a shift, you'll love the full guide: *Pro Talk: Get Ahead with Effective Communication*. It's packed with practical tools, strategies, and confidence boosters to help you shine in any interview, presentation, or conversation.

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Let's keep thriving—together.