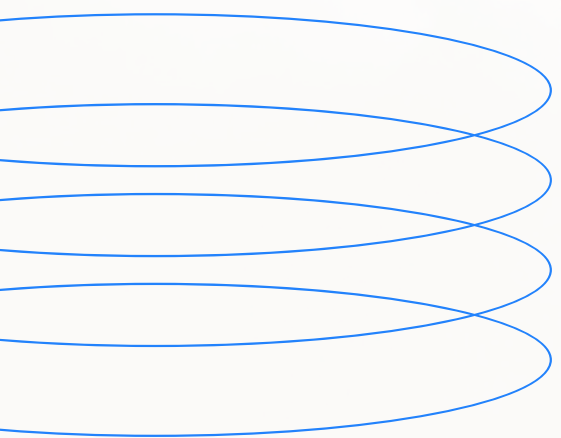


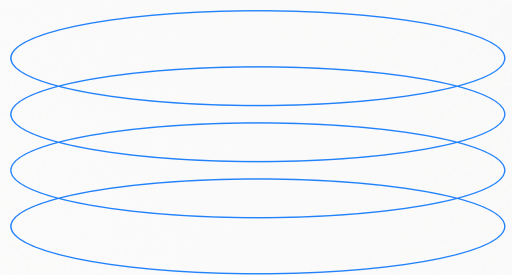
*STAND IN YOUR CONFIDENCE*

# POWER POSE

*into Achievable Wins*

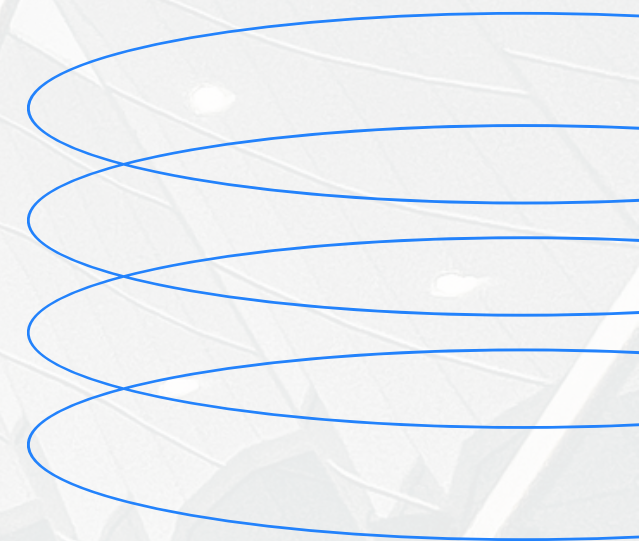




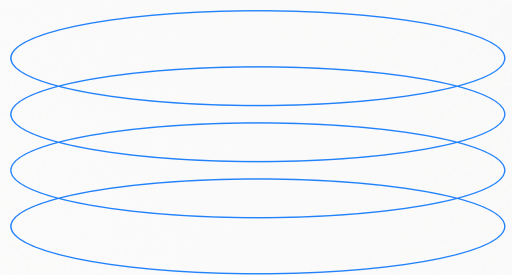


# *WELCOME TO LIFE HACK NO. 4*

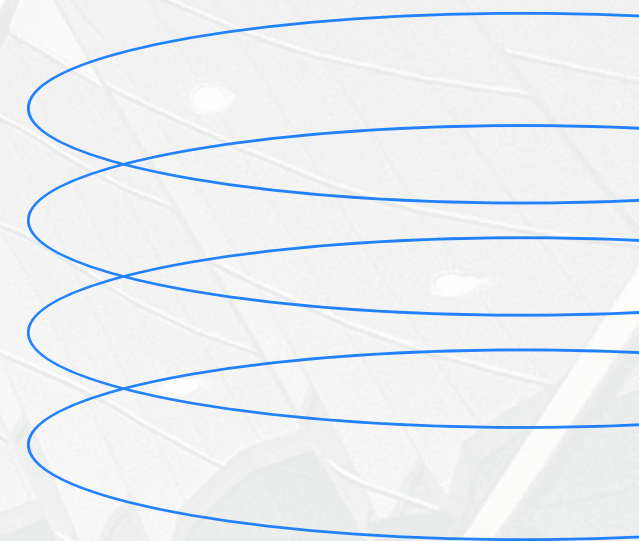
*Power Pose: Stand in Your  
Confidence*





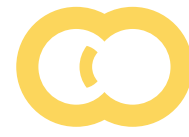


*Use body language to rewire  
your brain and boost self-  
assurance.*





# WHY THIS HACK WORKS

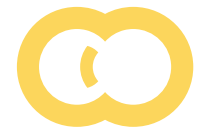
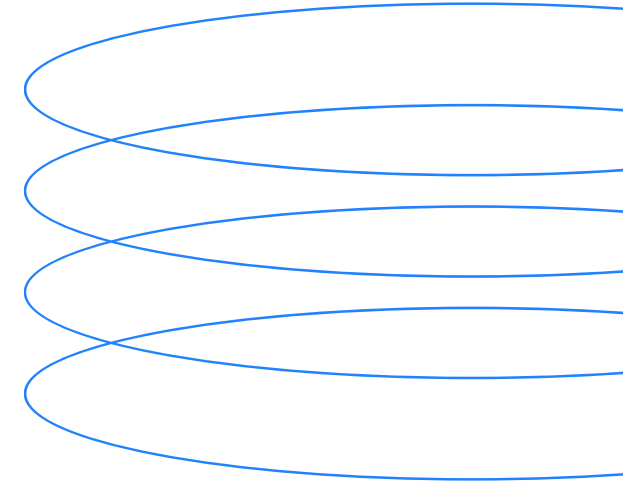


- Your body shapes how you feel about yourself.
- Adopting confident postures triggers feelings of strength and positivity.
- Body language affects hormone levels (cortisol ↓, testosterone ↑).





# ***WHY THIS HACK WORKS***



**"Fake it till you  
become it."**

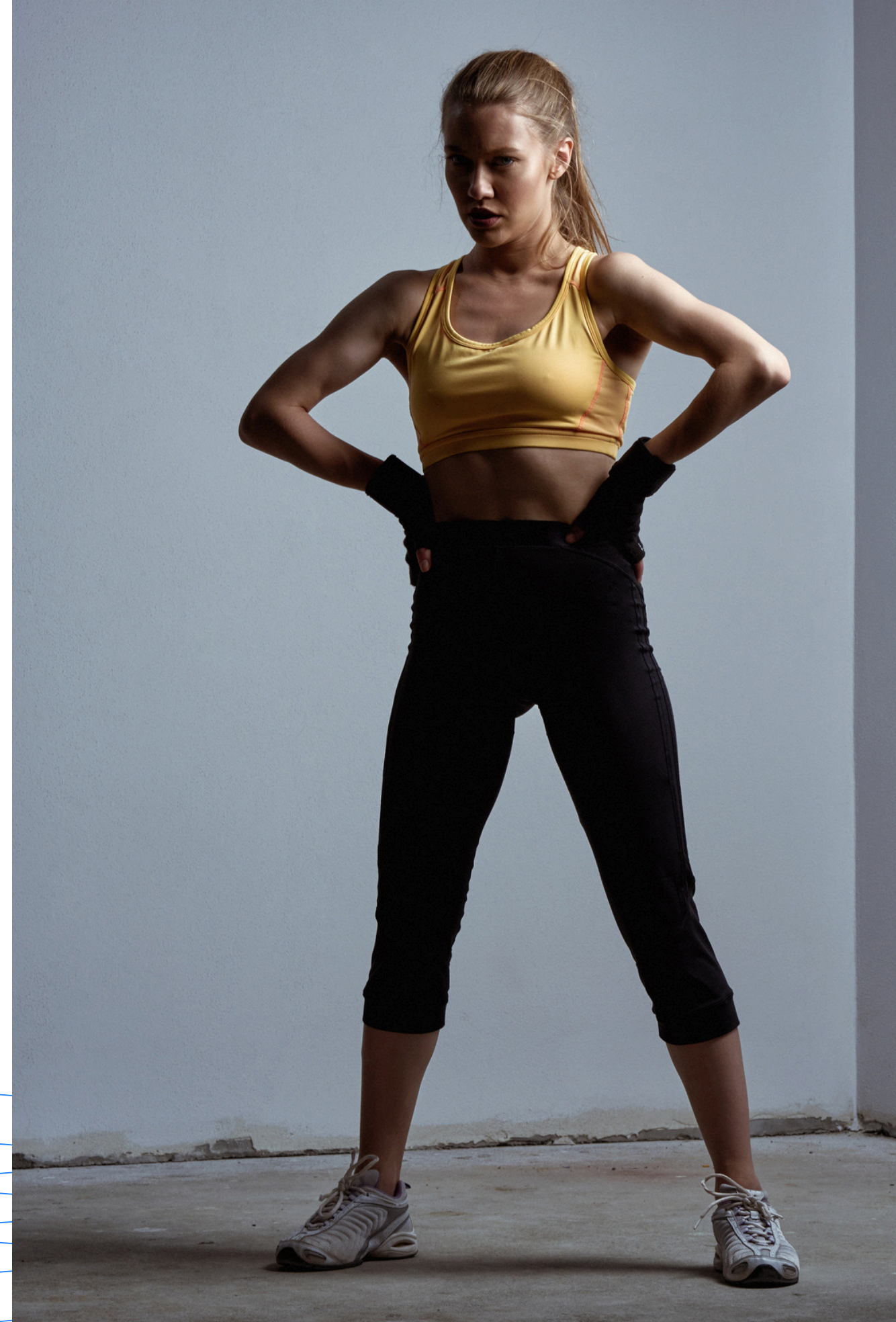
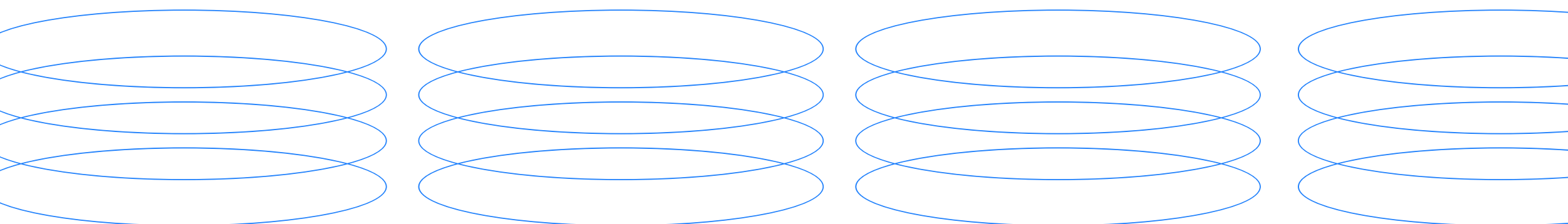


# ***WHAT IS A POWER POSE?***

- Open, upright posture
- Feet shoulder-width apart
- Hands on hips or arms stretched wide
- Head held high, chest open



**Ask yourself: Do I feel what I'm Doing?**







Before meetings, interviews, presentations, or difficult conversations.

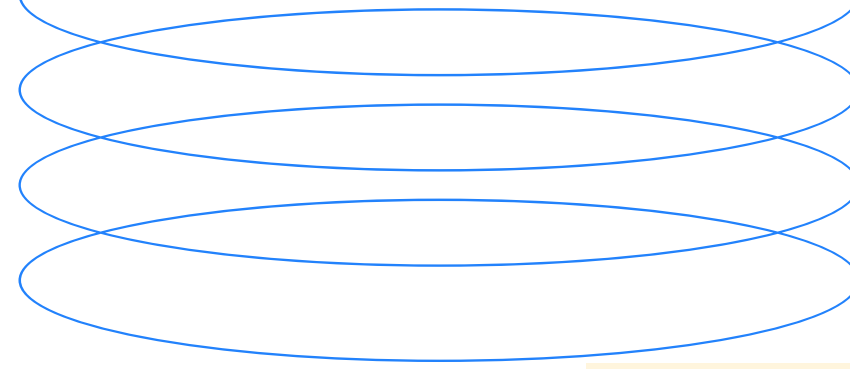
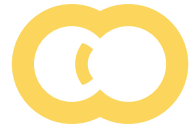


*Step*

## *HOW TO USE THE POWER POSE*

- Stand in a power pose for 2 minutes.
- Visualize success or calm before a big task.
- Breathe slowly and deeply.
- Smile gently to add positive energy.





*Step*

## ***BENEFITS OF POWER POSING***

***Just 2 minutes a day  
can rewire your mind  
for success!***

- ***Boosts confidence and assertiveness***
- ***Reduces stress and anxiety***
- ***Improves your presence and influence***
- ***Enhances mood and energy levels***







Step

# MIND-BODY CONNECTION

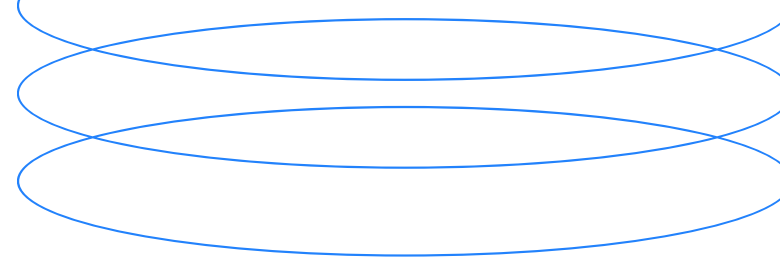
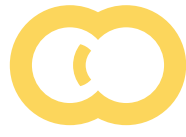


The brain listens to  
the body.

Confident posture tells  
your brain: "I've got  
this."

Repeated posture =  
new belief = new  
behavior.





*Step*  
**COMMON MISTAKES TO  
AVOID**

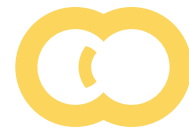


***Own your space – you  
deserve to take up room!***



- ***Slouching while trying to power pose***
- ***Rushing the process***
- ***Doing it passively, without emotion***
- ***Forgetting to breathe and visualize***





# CONCLUSION

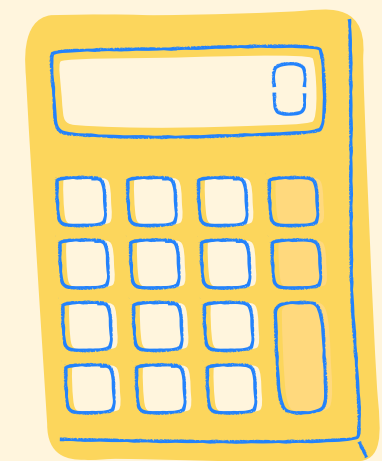
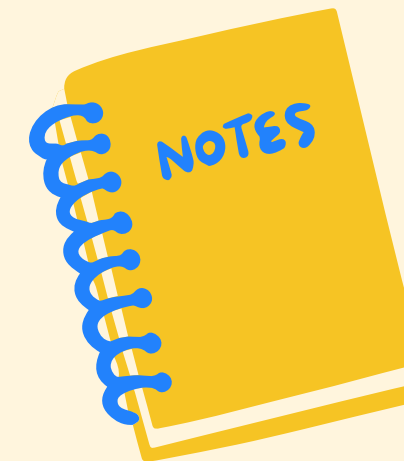
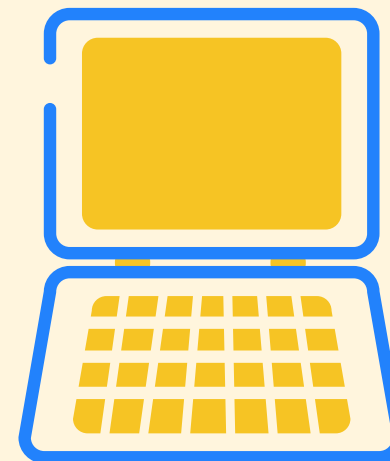
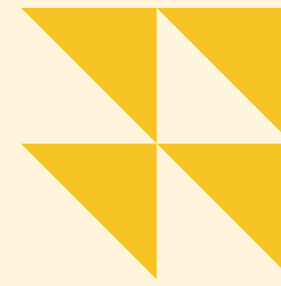
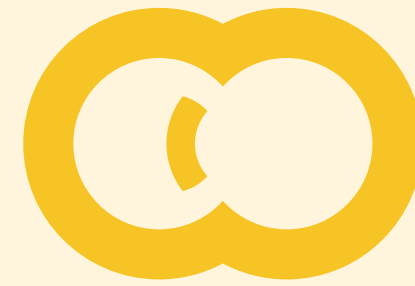
## Stand Tall, Feel Tall

- *How you hold your body influences how you hold your life.*
- *Confidence isn't just a feeling it's a posture.*
- *Strike your power pose daily and step boldly into your potential.*



***Your body  
language may  
shape who you are.***

*“I stand strong. I  
live empowered.”*





# ***YOUR TURN!***



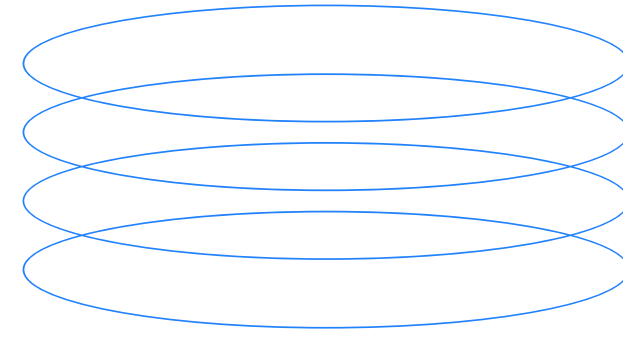
*Make power posing part of your morning routine.*

***TRY A POWER POSE  
NOW HOW DO YOU  
FEEL AFTER 2  
MINUTES?***





# *THANK YOU & STAY CONNECTED!*



- Website: [www.swasthyabykinjal.com](http://www.swasthyabykinjal.com)
- Phone: +91 93216 09715
- Follow Us: @swasthyabykinjal on Instagram & YouTube

**Power Pose: Stand in Your Confidence**

---

