



RIVERBEND COACHING

the art of contribution: coaching for big-picture thinkers



## Practice: Staying with Your Excitement

Staying with Your Excitement is a practice of consciously nurturing your excitement about the possibility that you've committed to in your life and business, so that you can keep moving forward despite the inevitable ups and downs.

This is a great practice to start your day, or whenever you feel like you've lost the thread of connection to your excitement. It's also a great practice to do with a friend or colleague – sharing excitement about your possibility with someone else helps both people to stay connected to their excitement.

Here's how to do it:

1. Bring to mind the possibility that you have committed to for the year. Say it out loud, and imagine that possibility playing out very positively. What does it look like, feel like?
2. In particular, notice what effect the possibility has on your body. Are there any parts of your body that feel particularly energized when you contemplate your possibility? It might feel like a buzzing or a tingling, whether large or small.
3. Wherever you feel energized in your body, keep your attention focused on that sensation. Allow yourself to fully feel the aliveness of the sensation. Stay with it as it grows, moves, pulsates.
4. When you're ready to finish your practice, say your possibility out loud one more time and feel the sensation of committing to that possibility.

**Now, go take the next step to  
make your possibility a reality!**

