

Liz the Radiance Coach presents

Yes Move



The Yes move is a way of embodying your self approval, even if you don't want to. Especially when you don't want to!

The Yes move helps you to change the story you are telling yourself about how 'wrong' you are. By doing this movement, you are telling your brain and body that you are perfectly right as you are right now - YES!

How to Yes

- Find yourself a safe space to jump up and down in (or you could use a trampoline if you've got one!)
- Work out what it is that you are going to heap your self approval on
- One a time yell out what it is that you are finding yourself 'wrong', for instance:
 - "I'm so self critical" or
 - "I suck at my job" or
 - "I can't set boundaries"
- After each one, jump up with as much physicality as you can - put your whole body into a massive star jump and yell YES!
- If jumping is not possible, you can Yes with your upper body only.
- If upper body movement is also difficult, you could imagine yourself making the movement
- Repeat as many times and with as many phrases you need.
- You can do this move as often as you like on any topic.