

# The 'Power Poses' That Will Instantly Boost Your Confidence Levels

Read the following article and watch the ASL video about the benefits of Power Poses. This week practice power poses to boost your confidence and mind clarity. While in a pose take 3 deep breaths, filling your belly and lungs with air. Hold for a few seconds then breath out, forcing all of the air out of your body. Try a routine of 2 minutes a day.

<https://www.inc.com/business-insider/amy-cuddy-the-poses-that-will-boost-your-confidence.html>

Here are some examples of power poses:

