

EXERCISE 12

Successful Self-Visualization

The script:

- Get into a comfortable position and take three deep breaths
- Clear your mind, imagining you are in a dark, calm room
- Begin to imagine an image of yourself, an image of success
- What do you look like in this room? How is your posture? What are you wearing? What is your face doing?
- Allow the image to pan out in your mind's eye. Who is around you? What is around you in this image of success?
- What are you feeling as you see this image of yourself?
- Allow yourself to feel positive sensations throughout your body as you continue to breathe.
- Take a snapshot—like on your phone—of this image in your mind's eye. What word would bring this image back into focus within your mind at another time?
- Say that word out loud. How does it feel?
- Write the word down.

MY WORD IS
