

## Guided Visualization OUTLINE

Find a quiet comfortable space free of any distraction. Then turn your phone to ‘do not disturb’ and set a timer for 15 min. Have this sheet available for easy reference, and open your mind to new possibilities. Embrace your imagination and think through each of these statements and questions as if they were already true. Imagine yourself grateful for this present state, imagine how each of these possibilities would make you feel emotionally, what would feel with your hands or on your skin, what would you smell/hear, use all of your senses to create the detail to make each bullet point real. Take a couple deep breaths in and with each exhale tension out of your body. “If you can imagine it true – you are half way there.” Lets begin...

### With a deep relaxed breath say these each 3 times:

- **I am now surrounded by pure white light, nothing but good comes in to me and flows out from me.**
- **I bring Gods energy into my body asking for strength, protection and guidance.**
- **I am whole perfect, strong, powerful, loving, harmonious and happy.**

### LOVE

- Imagine hugging saying I love you
- All family
- All friends
- All co-workers
- All business associates
- Picture your mate
- Others of importance
- Now looking in the mirror
- Acknowledge God

**I'm sorry – please forgive me – I forgive you  
I thank you – I love you**

### CAREER

- See your work and be excited to be there
- Imagine your team or coworkers
- Imagine your yearly gross income exactly as you want it
- Imagine your best day
- Your best week
- Your best month
- Communication skills improving
- All systems and business in order
- New opportunities coming to you

**I am now naturally attracting all that is required  
for my success.**

### HEALTH

- Stand on the scale and see your ideal weight
  - See yourself naked in the mirror, loving, appreciating every aspect of your body
  - Staring into your own eyes say:  
**You are one smart, good looking (lady, man, SOB 😊 etc.)**
  - Imagine deep sleep, waking early and ready for the day
  - See yourself exercising, feel yourself doing the movement (running, lifting, stretching)
  - Imagine issues resolved (skin, hair, pain, digestion, mental health, energy levels, etc.)
  - See yourself looking and feeling great
  - Perfect hygiene and self-care
  - Picture being dressed up and everything fitting perfectly
- All the cells and systems in my body are function perfectly,  
with high intensive energy. EVERY day in EVERY way I am  
getting better and better.**

### MONEY

- See your weekly or biweekly paycheck at the exact amount you want to collect
- Imagine automatically saving and giving every week
- Imagine all debt completely gone
- Imagine your house
- Cars
- Any other assets
- Imagine what you want your net worth to be. Imagine having your bank account reading your net worth
- See all your money habits improving

**Money freely flows into my life from unexpected sources in  
increasing amounts on a continuous basis and I love it.**