

STRONG MIND – DIY VISUALISATION

CREATE YOUR OWN VISUALISATION TO USE WHEN YOU FEEL WORRIED. FIRST, FILL OUT THE SECTIONS WITH YOUR IDEAS. THEN, YOU CAN RECORD YOURSELF READING IT OR ASK SOMEONE TO READ IT TO YOU WHEN YOU FEEL WORRIED.

Close your eyes and imagine yourself standing looking over a beautiful:

You can see all of the beautiful colours, colours like:

You slowly stand up and start walking. You can feel the:

You feel so calm and relaxed in this place. You keep walking and can hear:

You feel so safe and happy. You keep walking and find a:

It's time to leave your wonderful place, But you can always come back here. Whenever you need to.