

WEEK 3: BUILDING RESILIENCE AND POSITIVE THINKING

We can combat anxiety and unhealthy thoughts by practicing **visualization**. Sometimes, what makes us feel anxious is a belief we aren't safe. Debunking that belief helps us be more at ease in our lives. Take the steps below to get your mind and body to a more relaxed state:

Visualizing a Safe Space

1. Find somewhere peaceful where you can relax and take deep breaths.
2. Close your eyes and imagine any place in the world that makes you feel at peace.
3. Think about the details of that place. What does it smell like? What colors do you see? What's there?
4. Take time to absorb every detail you can in your mind about that place. This could also be you envisioning a dream home or vacation resort you wish to have or visit.
5. Whenever you find yourself battling with negative thoughts, go to that safe space in your mind. It really works!

Visualizing the Confident Version of You

1. Take deep breaths while relaxing in a comfortable place.
2. Think about somewhere specific you wish to display unwavering confidence. It could be a date, a social event, or at work as you're presenting something.
3. Imagine what being confident and secure with yourself would feel like while you're in those situations.
4. Pay attention to the way you would speak and the confident way you would carry yourself. Envision everyone reacting positively to your energy and aura.
5. Always visualize this whenever you're in a situation where you want to shine and refuse to let self-doubt hold you back. This increases your chances of replaying in reality what you visualize yourself doing mentally.

Visualizing Your Future Self

1. Close your eyes and sit comfortably in a place where no one will interrupt you.
2. Start thinking about the woman you want to be in five or ten years or even just one year from now!
3. Where do you see yourself living? What will you be doing? How will you be dressing and carrying yourself? What accomplishments would you have attained by that time? Which traits would you have developed?
4. Allow yourself to feel the excitement that comes up as you envision that accomplished and mature version of yourself. Whenever you need motivation to keep going, remember that your future self is waiting and cheering you on!

Visualizing Yourself Letting Go

1. Close your eyes and take steady deep breaths while sitting comfortably.
2. Picture yourself holding a balloon that's filled with all the negative thoughts, fears, worries, and insecurities that have held you back up until now.
3. As soon as you're done observing in your mind the junk you want to let go of in the balloon, envision yourself letting it go and watching it float away getting further and further away. As the sight of the balloon gets smaller, visualize the negative things you were carrying getting smaller too until they disappear into thin air.
4. Now, take deep breaths again and feel the lightness in your heart as you decide to let go and move on with your day with fewer burdens that floated away.