

Visualization Worksheet

OUR BRAINS INTERPRET IMAGERY IN THE SAME WAY AS A REAL EXPERIENCE. WE CAN SUPPORT OURSELVES TO ACHIEVE PERSONAL GOALS THROUGH VISUALISATION.

DATE

DESCRIBE ONE THING YOU WOULD LIKE TO RESET OR IMPROVE RELATED TO A SPECIFIC PARENTING OR FAMILY LIFE ISSUE.

USE THE PROMPTS TO GUIDE YOUR VISUALISATION.

VISUALISE THE WAY YOU WOULD LIKE THINGS TO LOOK AND DESCRIBE THEM HERE.

DESCRIBE THE BEST VERSION OF YOU WITHIN THIS VISUALISATION.

LIST THE STEPS TO TAKE OR CHANGES THAT NEED TO BE MADE TO ACHIEVE THIS VISUALISATION.