

BE A BRAIN-CHANGER

IMAGERY EXERCISES

Exercise one: spend 60 seconds imagining yourself in your favorite place. See yourself doing your favorite activity in your favorite place. Imagine yourself there with all of your loving family and friends. And imagining the scene, use your happiness and feel the positive in all that you do, feel and sense. Smile. Radiate. Glow. See yourself in a joyful state.

Exercise two: imagine you are focusing on your toes tightening in releasing. Then, imagine your calves tightening and releasing. Move up to your thighs tightening and releasing. Then progress to your stomach, chest, neck, and face, while you are tightening and releasing each of these body areas.



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Exercise three: imagine yourself in your favorite place. Focus on the visual aspects, then the auditory aspects. Since what your physical sensations are. What are you seeing in front of you in your favorite place? What are you hearing? What are you feeling throughout your body? What emotion are you feeling? When you were in your favor please what are your thoughts? Imagine you having control over each and every aspect including your thoughts and emotions. Imagine they're all part of the experience you are imagining in your favorite place. Pace and change the thoughts you have and rehearsed positive thinking. Give yourself credit in regards to how special you are. Pay attention to the thoughts you have and we heard positive thinking by saying three compliments to yourself. Imagine all that your favorite place has to offer and imagine seeing all of your loving friends and family around you. If you mess up, imagine yourself continuing on through the end of this imaginative place exercise and move through any distractions or negative thoughts by coming back to your favorite place, your friends and family, or the idea of how special you truly are.

The more you imagine real experiences through these imagery and visualization exercises, the more you will benefit.

