

Following the format of the general visualization exercise in *Hard Stop*, below are additional, specific, visioning exercises for career, relationships and health.

CAREER VISUALIZATION EXERCISE:

Preparation:

Find a quiet, comfortable place where you won't be disturbed.

Sit or lie down in a relaxed position.

Take a few deep breaths to calm your mind and body.

Focus on Your Goal:

Identify a specific career goal or area of your professional life you want to visualize.

Create a Vivid Mental Image:

Close your eyes and start to imagine the desired outcome. Make the mental image as vivid as possible.

Use All Your Senses.

What do you see, hear, smell, taste, and feel in this scenario? Engage your senses to make the visualization more realistic. Take time here. Really see this picture.

Step into the Scene:

Imagine yourself stepping into this scenario. You are an active participant, not just an observer. See yourself in the situation, doing what you need to do to achieve your career goal.

Embrace Emotions:

Feel the emotions associated with your success. If it's joy, confidence, fulfillment, or any other feeling, let it wash over you. Don't rush this part. We want the feeling to last even when the exercise is over.

Visualize Success:

Visualize the successful attainment of your career goal. Imagine the final steps and the sense of accomplishment. Note how that success feels for you. Sit with that feeling for some time.

Notice who is there with you. Who are the people who will be happy and supportive? Who are the people who may not be? Just note it.

Overcome Challenges:

Visualize any challenges or obstacles that might come your way in your career journey. What are they? See yourself successfully overcoming these challenges.

Maintain a Positive Mindset:

Throughout the visualization, maintain a positive and confident mindset. You believe in your ability to achieve this career goal. If negative thoughts come into your head, gently set them aside and refocus on the positive.

Affirmations:

While visualizing, you can use affirmations or positive self-talk to reinforce your belief in your ability to achieve your career goal.

End on a High Note:

As you conclude the visualization, see yourself celebrating your career success and experiencing a profound sense of satisfaction. Take some time to note how great that profound sense of satisfaction feels.

Open Your Eyes:

When you're ready, open your eyes and return to the present moment.

Journal Your Experience:

Take a moment to capture the experience immediately after visualization. You can use these questions to prompt responses, or just have more of a free flow to the experience.

RELATIONSHIPS VISUALIZATION EXERCISE:**Preparation:**

Find a quiet, comfortable place where you won't be disturbed.

Sit or lie down in a relaxed position.

Take a few deep breaths to calm your mind and body.

Focus on Your Goal:

Identify a specific relationship goal or area of your personal life you want to visualize.

Create a Vivid Mental Image:

Close your eyes and start to imagine the desired outcome. Make the mental image as vivid as possible.

Use All Your senses.

What do you see, hear, smell, taste, and feel in this scenario? Engage your senses to make the visualization more realistic. Take time here. Really see this picture.

Step into the Scene:

Imagine yourself stepping into this scenario. You are an active participant, not just an observer. See yourself in the situation, engaging positively in your relationships and fostering meaningful connections.

Embrace Emotions:

Feel the emotions associated with your success in relationships. If it's love, trust, belonging, or any other feeling, let it wash over you. Don't rush this part. We want the feeling to last even when the exercise is over.

Visualize Success:

Visualize the successful improvement or nurturing of your relationship or relationships. Imagine the final steps and the sense of accomplishment. Note how that success feels for you. Sit with that feeling for some time.

Notice who is there with you. Who are the people who will be happy and supportive? Who are the people who may not be? Just note it.

Overcome Challenges:

Visualize any challenges or obstacles that might come your way in your relationships. What are they? See yourself successfully overcoming these challenges.

Maintain a Positive Mindset:

Throughout the visualization, maintain a positive and compassionate mindset. You believe in your ability to cultivate healthy relationships. If negative thoughts come into your head, gently set them aside and refocus on the positive.

Affirmations:

While visualizing, you can use affirmations or positive self-talk to reinforce your belief in your ability to nurture meaningful connections.

End on a High Note:

As you conclude the visualization, see yourself surrounded by loving and supportive relationships, experiencing a profound sense of fulfillment. Take some time to note how great that profound sense of fulfillment feels.

Open Your Eyes:

When you're ready, open your eyes and return to the present moment.

Journal Your Experience:

Take a moment to capture the experience immediately after visualization. You can use these questions to prompt responses, or just have more of a free flow to the experience.

HEALTH VISUALIZATION EXERCISE:**Preparation:**

Find a quiet, comfortable place where you won't be disturbed.

Sit or lie down in a relaxed position.

Take a few deep breaths to calm your mind and body.

Focus on Your Goal:

Identify a specific health goal or area of your well-being you want to visualize.

Create a Vivid Mental Image:

Close your eyes and start to imagine the desired outcome. Make the mental image as vivid as possible.

Use All Your Senses.

What do you see, hear, smell, taste, and feel in this scenario? Engage your senses to make the visualization more realistic. Take time here. Really see this picture.

Step into the Scene:

Imagine yourself stepping into this scenario. You are an active participant, not just an observer. See yourself in the situation, embodying vitality and well-being.

Embrace Emotions:

Feel the emotions associated with your success in health. If it's vitality, strength, energy, or any other feeling, let it wash over you. Don't rush this part. We want the feeling to last even when the exercise is over.

Visualize Success:

Visualize the successful achievement of your health goal. Imagine the final steps and the sense of accomplishment. Note how that success feels for you. Sit with that feeling for some time.

Notice who is there with you. Who are the people who will be happy and supportive? Who are the people who may not be? Just note it.

Overcome Challenges:

Visualize any challenges or obstacles that might come your way in your journey to better health. What are they? See yourself successfully overcoming these challenges.

Maintain a Positive Mindset:

Throughout the visualization, maintain a positive and determined mindset. You believe in your ability to attain optimal health. If negative thoughts come into your head, gently set them aside and refocus on the positive.

Affirmations:

While visualizing, you can use affirmations or positive self-talk to reinforce your belief in your ability to improve your health.

End on a High Note:

As you conclude the visualization, see yourself radiating with health and vitality, experiencing a profound sense of well-being. Take some time to note how great that profound sense of well-being feels.

Open Your Eyes:

When you're ready, open your eyes and return to the present moment.

Journal Your Experience:

Take a moment to capture the experience immediately after visualization. You can use these questions to prompt responses, or just have more of a free flow to the experience.