

Tips for writing your POSITIVE LIVING VISION



“By imagining positive scenes and calming sensations, guided imagery works to decrease symptoms of anxiety and stress. With guided imagery, the mind can help people manage difficult emotions by creating peaceful, positive, and relaxing scenarios to increase our sense of calm and to improve confidence.”

1 Write in Present Tense

- Create the experience you want as if it's happening right now.
- Think of it as a movie scene. Make it come alive.

2 Write in detail and with positive language

- Use five senses - sight, sense, sound, touch, smell
- Describe how you feel -emotions and body
- Show don't tell - use action and dialogue
- Focus on the positive - Invoke positive emotions

3 Be aware of possible challenges

- Inner critic/negative voices will come up
- This “STUFF” is what you need to work on. Don't avoid it.
- Stay in service to your heartfelt intention

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