

## Visualization Techniques

### Courageous/Confident/Successful

**Direct Aim:** To create a positive, desired outcome for goals or life dreams.

**Indirect Aim:** To achieve success and desired outcomes in all aspects of life.

#### **Procedure: Courageous/Confident/Successful Visualization**

1. This can be done sitting in chairs or while lying comfortably on a mat or towel on the floor. First do several rounds of deep belly breathing to help ground and then breathe normally throughout the visualization. If you like, you can play quiet music while doing this visualization exercise. Any visualization technique requires one person leading the group through the visualization. When leading a group through mindfulness visualization, remember to speak quietly, gently and slowly. Always give the group time to visualize the scene you are painting for them.
2. “Now sit comfortably and close your eyes...”
3. Imagine that you want to make a new friend.
4. You are on the playground and you see the person that you would like to have as a new friend.
5. You see that no one is near this person and you walk confidently towards him/her.
6. As you walk towards the person, he/she turns and sees you coming and he/she smiles at you.
7. You were feeling shy, but because the person smiled, you now feel confident as you walk up to him/her.
8. Just before you speak to the person you imagine playing for a long time with this friend on the playground.
9. You think about them coming to your house and having a fun play date.
10. You think about all the fun and laughter you will have with this new friend.
11. Suddenly you are talking to your new friend and you find that you love doing the same things.
12. You can't wait to play together and to have play dates at your houses.
13. You are so excited that you had the courage to make a new friend.
14. You take a deep breath and enjoy your feeling of happiness.
15. You decide to keep this feeling of happiness when its time for you to go home.”

**Note:**

At the end of any visualization experience, make sure that you encourage the students to take a couple of deep breaths before opening their eyes.

Creating visualization experiences can be a fun, creative and relaxing experience for all ages. Practice making up your own and encourage your students to join in the fun and reap the rewards.