

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 are at an award ceremony in the school auditorium.
4. The auditorium is completely packed and everyone is excitedly anticipating the award ceremony.
5. You are sitting with your friends and you are hoping that you get one of the coveted awards for the most courageous/confident/successful student in the school.
6. You hear the buzzing of conversation around you.
7. The energy in the room is vibrant and you can feel the excitement amongst the attendees.
8. You and your friends are talking about who might win some of the coveted awards.
9. You think about what you like doing when you are courageous/confident/successful.
10. You think about what your voice sounds like when you are courageous/confident/successful.
11. You think about the people you are with when you are courageous/confident/successful.
12. You think about how your body feels when you are courageous/confident/successful.
13. Suddenly you hear your name called and you’ve won the reward for the most courageous/confident/successful student in the entire school!
14. You get up from your seat to get your award.
15. Your friends and family are up on their feet, shouting and clapping.

16. You feel as if you are walking on air as you walk up to the stage and accept your award.
17. You turn and face the crowded auditorium raising the coveted gold cup for the most courageous/confident/successful student in the school.
18. As you walk back to your seat your heart is pounding and you are fighting back tears because you are so overjoyed.
19. You take a deep breath in and feel joy and pride for your hard earned award.
20. As the ceremony winds to a close you get ready to go home.
21. You decide to keep the feeling of joy and accomplishment with you as your leave 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.