



Self-Guided Imagery Activity

Use this worksheet to help you visualize the outcome you want for a particular upcoming situation or challenge, such as a test, a sporting event, a difficult conversation or tough job you have to perform.

1. Pick a situation to focus on. This could be real or imaginary. Briefly describe it with words or an illustration in the box below:

2. Close your eyes for a moment and picture the setting. What kind of space are you in? How bright is the light? How clear is the image you see? Is it more like a series of still photos or a movie? Can you see yourself? Do you see other people?

3. What sounds do you hear? Is music playing? Are there voices? Are you saying anything?

4. Do you notice any smells or tastes?

5. Finally, imagine what your body feels like physically as you have the experience you've set out to have. Are you energized? Relaxed and calm? What do you feel in your fingers, toes, stomach, head? Describe all the sensations you experience.

Use guided imagery any time you want to feel more focused, less stressed or better prepared. The more you try it, the more familiar you'll get with the process and how it works for you. Eventually you might discover you do it without even consciously making a point of it!