



Visualization The Healthy You

Before you do this exercise, read through it so that you know what to do.

Step 1. Imagine yourself being as healthy, vibrant, happy and successful as you possibly can imagine.

Step 2. What expression do you have on your face? What are you wearing? Where are you? What kind of confident posture do you have? That's the image of **the healthier you**. The **real** you.

Step 3. Now enlarge that image of you, make it larger than life. Once you do, freeze time for a few moments and enjoy looking at that future version of you; the *you* that you're becoming.

Step 4. Float into the future you. See what they see, hear what they hear and feel how it feels like to be absolutely healthy, vibrant, happy and successful.

Step 5. Say to yourself in a confident voice: "THIS IS WHO I AM. THIS IS THE REAL ME".

Repeat steps 1-5 until you really start to understand how it's like to be that healthier & real you. Once you do that, step out of the image of the healthier you and put it on the side.