

VISUALISATION

Close your eyes and take a few deep breaths.

Imagine the following scenarios in your mind.

Use your imagination to create vivid mental images.

Feel free to draw or write about your visualisation experience.

1. Visualise Your Dream Vacation:

- Picture yourself in your dream destination.
- Imagine the sights, sounds, and smells around you.
- How does it feel to be in that place?
- What activities are you doing?
- Who is accompanying you on this dream vacation?

2. Visualise Achieving a Goal:

- Think about a goal you want to achieve (for example: winning a competition, getting good grades, getting selected for a team etc.).
- Imagine yourself accomplishing that goal.
- Picture the steps you took to get there and the feeling of success.

3. Visualise Overcoming a Challenge:

- Think about a difficult situation you've faced.
- Imagine yourself confidently overcoming that challenge.
- Picture the steps you took to overcome it and the feeling of overcoming the obstacle.
- Think about the feeling of accomplishment.

4. Visualise a Positive Image:

- Imagine yourself feeling confident and happy.
- Picture yourself achieving something you're proud of.
- Visualise Positive affirmations about yourself and your abilities.

Reflection: After each visualisation scenario, take a moment to reflect on how you felt. Write or draw about your experience. What images and feelings stood out to you?