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VISUALISATION EXERCISE WORKSHEET

Instructions:

For each of the categories, write down how you imagine things to be if your life was perfect, then visualise those things as you do the visualisation exercise. Remember to do this in a quiet place with some soft background instrumental music. Once you've finished, write down how you felt after doing the exercise in the space provided.

My Family Life (*hints: Relationship with spouse and children, Dream Home, Dream Car, holidays etc*)

My work life (*hints: Dream Job or Business, ideal income, being the best in your field etc*)

My Health (*hints: fitness, body, diet, etc*)

My Accomplishments (*hints: All the things you would ideally like to have done before you leave the earth*)

Once you've completed the visualisation, use the space below to write down how you feel. Do this immediately after the exercise.

My Feelings after Doing the Visualisation Exercise:

