

I DON'T HAVE FIND TIME FOR THIS!

A Mom-to-Mom Support Group

Guided Visualization - Unlocking Your Potential: A Journey through Time

This practice shows your past self the compassion you deserve and begins the process of changing your mindset about the past and your view of the future.

Let's begin. Close your eyes and take a deep breath in through your nose and out through your mouth. Focus on your breathing for at least 5 breaths, feeling your body relax and calm.

Now, imagine yourself as a child. Remember a difficult time from your childhood that you would want to help that child make it through. Offer yourself kindness and support, reminding yourself that you are strong and capable.

Encourage your younger self to keep going, assuring them that they will get through this challenging time.

Embrace yourself with a warm hug, telling yourself that everything is going to be okay. Hold this embrace for a moment, feeling the comfort and reassurance.

Next, take another 5 breaths and envision your ideal self 5 years from now. Imagine the person you want to become, the life you want to lead. Picture yourself with confidence and clarity.

Notice the details of this ideal scene:

- How do you look?
- What are you wearing?
- What is your posture like?
- How does your body feel?



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Imagine your ideal career, your dream home, and the fulfilling relationships you've cultivated. Allow yourself to dream big, beyond what you believe is possible.

Reach out and grab the hand of your future self, saying with conviction, 'I'm coming.'
And hear your future self-respond with encouragement, 'I know.'

Take a moment to fully immerse in this vision, feeling the excitement and anticipation of the incredible life ahead.

When you're ready, slowly open your eyes, carrying the inspiration and motivation from this visualization with you.

Remember, this exercise can be repeated daily for 21 days to reinforce new thought patterns and let go of old wounds.

