

# TIPS FOR VISUALISATION

- \* Take time setting a positive goal, which has meaning for you
- \* Make time and be relaxed when visualising
- \* Use all your senses to imagine you have already achieved your goal
- \* Keep a journal or vision board, use it every day
- \* Develop positive attitudes and self-belief
- \* Learn to understand what motivates you
- \* Be kind in what you visualise for yourself and others
- \* If you need help ask, we all need help sometimes
- \* Overcome your fears to achieve your dreams



To me,

This is to remind me, I can make changes if I choose to, which are good for my wellbeing and I have the right to make my own plans and have my own dreams. On ..... I made a promise to myself to:

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.....

Even if I forget, this card is a gentle reminder of the promise I made to myself. To remind me of the opportunity to take steps, no matter how small, each day to help me achieve my goals.

Lots of love,

Me xxx



“The clearer you are when visualizing your dreams, the brighter the spotlight will be to lead you on the right path.”

- Gail Lynne Goodwin

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