

Seasonal Centering Visualization Exercise

As we embark on this journey together, I invite you to join me in a visualization exercise. This book was designed to be a companion and navigation tool as we journey through the seasons of our lives. There is so much value in making time to pause, reflect, imagine, and dream, and to then check our current actions and choices against those desires. How are we doing? If we are in alignment, great! If not, we can find comfort and assurance knowing life is fluid. We are in the driver's seat, and we get to choose where we want to go and how we want to proceed. Pretty cool, huh? But, it is imperative that we first check in, and this exercise gives us that opportunity.

We are going to start by setting a timer. I strongly recommend that we give ourselves a minimum of five minutes; but obviously feel free to allow yourself as much time as you need.

Next, we are going to complete four cycles of Box Breathing. I am not a breathwork expert; but, this is an easy strategy that I love to use to help me to get quiet and grounded in my body. I prefer to close my eyes when engaging in this exercise whenever possible - clearly not when I'm trying to ground myself while driving - but, that's certainly not required. To do this, we inhale through our noses for a count of four, filling our lungs as much as possible. Next, we hold this breath for a count of four. Lastly, exhale through our mouths for a count of four. We are going to repeat these three steps at least three more times, or until we feel centered and grounded.

Now that we have calmed our minds and settled into our bodies, I want you to imagine sitting in one of your favorite spots one year from now...

- **Where are you?**
- **How old are you?**
- **What do you see?**
- **What do you hear?**
- **What do you smell?**
- **What do you look like?**
- **What do you feel - sensationally? What does the air feel like on your skin? How do your clothes feel?**

Etc.

- **Is anyone with you, or are you there alone?**

You have chosen to take some time in this favorite spot of yours to reflect on this past year - all of the growth, all of the beauty, all of the triumph, all of the blessings - there is so much to celebrate!

- **What are some of your favorite memories and experiences from this last year?**
- **What are your biggest gains? What are your greatest wins?**
- **Most importantly, how did you feel as you navigated this past year?**
- **How do you feel now?**
- **What do you believe about yourself now, one year later?**

When you're ready, or when your timer goes off, open your eyes and take a few moments to write down all that you imagined, felt, and experienced during this visualization.

Next, I want you to identify a single intention that represents how you want to *feel* this coming year. The idea is that this feeling will be directly related to all that you just envisioned experiencing this coming year.

- **On a scale of 1-10, one being, "Not at all." and ten being, "I'm there!", how aligned are your current feelings about your life experience with your desired feelings?**
- **In order for you to move one or two points closer to ten, what needs to be true in order for you to live out this intention?**
- **In order for that to be true, what thoughts do you need to create and focus on?**
- **What actions would you be taking if you were focusing on these thoughts?**

Please know that your answers to these questions may change over time, which is why it is valuable to revisit this exercise. Use your body as your clue. Anytime you feel resistance, exhaustion, frustration, resentment, shame, or disconnection, use that as your cue to check back in.

Our current season is our reality. Our intention is our desire. Our action plan is our direction.