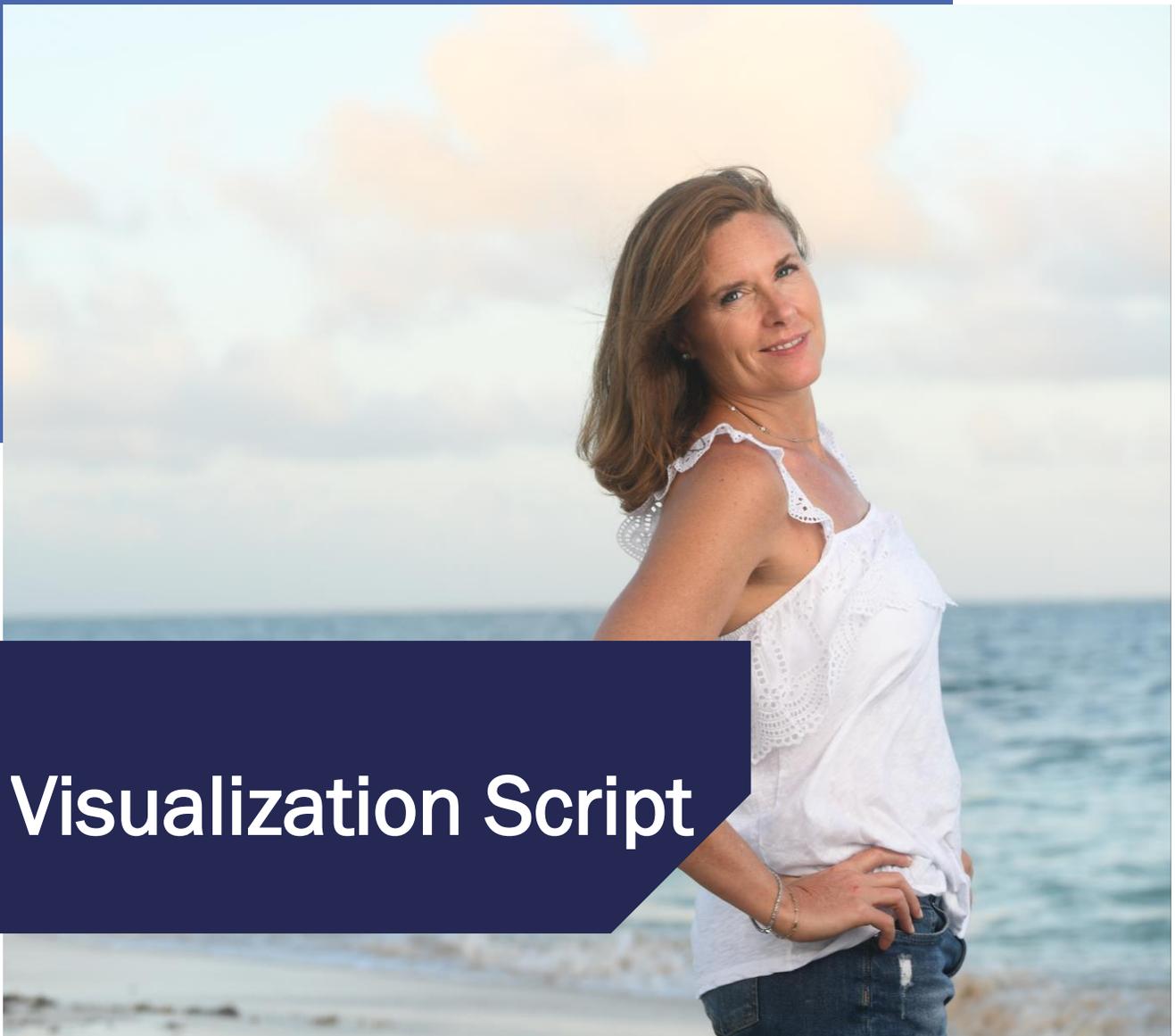


My Ideal Day



Visualization Script

Total Health by Elizabeth

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I'd like you to find a place that's quiet, calm and comfortable, someplace that you won't be disturbed. You can lie down, or sit comfortably. Close your eyes, and just breathe.

I'm going to walk you through your ideal day. This could be in a year, or it could be in a month. It could be today. As I walk you through your day, I want you to visualize, in as clear detail as you can, like you're watching a movie, or better yet, a memory that you're reliving. Try to imagine what this would look like - every single detail - and how the feelings I describe would feel in your body as well.

Let's get started.

Before my alarm goes off, I wake up. I'm not upset or irritated, because I've gotten plenty of sleep overnight, and I have this excited feeling in the pit of my stomach that today is going to be a fantastic day. There's nothing out of the ordinary that is supposed to happen today. It's just a normal day like any other, but I feel like today is going to be amazing.

As I hear my alarm, I feel this energy to wake up and start my day. I feel amazing as I get out of bed with my alarm, and feel prepared, and confident for everything that that the day has in store for me. My body feels light, awake and I feel fantastic.

I love the way I start my day, with my morning routine. And because of it, my morning is calm. Although it's not a lot of time, it centers me for the day, and I'm grateful for it. My morning routine

allows me time to set my intentions for the day. Regardless of what today has in store for me, I know that I can't control that. But what I can control are my feelings and the way I respond.

As I head out to exercise today, I'm really looking forward to workout. Every day I get stronger, and it's amazing to me how each day my body improves.

My workout is tough, and I'm doing the best that I can. I'm putting my best effort in, because that's what I do. I enjoy exercising, because I love moving my body, and seeing what it can do. I've noticed that I recover faster between sets, which shows that I'm improving. Progress is slow, but noticeable. Everyday, I'm getting stronger and more fit.

Reflecting back over my workout, and checking in with my body, I realize that I'm energized from it, and not at all tired. Yes, there may have been times when I wanted to stop, but I'm so proud of myself for sticking it out, and giving it my best effort. It's what I do, and exercising, and moving my body has become part of who I am. It's something I enjoy.

My body is strong.

Getting ready for the day, I catch myself in the mirror. I'm startled for a second because I don't recognize myself.

As I look in the mirror, I like what I see. I feel strong, and confident, and I love the way my clothes fit. My skin looks well hydrated, and my face not only has color, but my eyes feel bright too.

I take a moment longer to admire myself in the mirror; grateful for my body and what she has done for me. I feel fantastic, and nothing negative can penetrate this feeling today.

Now, as I prepare my first meal of the day, I check in with my body to see how I feel; I realize that I'm hungry, and it feels good to know that I'll be eating soon. It feels good to be hungry, but I'm not ravenous.

As I gaze down at the meal before me, I'm pleased because it looks so pretty and healthy. I know that I have enough food to satisfy my hunger, but not too much food, where I'll end up feeling over-full.

Before I start eating, I take a breath, smell the delicious food in front of me, and am grateful that I want to thank my body with good food.

My first bite is delicious. I can feel the textures and flavors as I slowly chew each bite. I take my time eating, and it feels good.

I feel amazing after eating; I'm not full, nor am I hungry. I feel just . . . satisfied. Sure, I could eat more, but I don't need to. I and I still feel energetic after exercising.

I find that today, my concentration and creativity is really strong. I'm able to focus, I feel productive, and I'm able to do my best work. What's amazing, is that I feel completely in control of what I'm doing - as if the universe is on my side, and conspiring to give me everything I desire . Even when things have gotten stressful, the solution, and what I needed to accomplish to complete the task was clear, easy and available to me.

Because I've been so focused and productive, I barely noticed that it was time for lunch, and as I check in with my body, I realize that I'm hungry, but not too much.

For lunch, I've chosen foods that I enjoy as well as are good for me, nourishing, but will also keep me satisfied through the afternoon. As I look down at my plate, I see that it's mostly vegetables and that's amazing because I love vegetables! I'm excited to eat lunch because it looks so appetizing! I can't wait to dig in.

I take a breath, and take my first bite. I chew slowly, savoring all of the flavors and textures. I notice how the food feels in my mouth, and I can taste each ingredient.

My meal has given me me sustained energy all day. I feel energetic after eating lunch, not tired or sluggish.

Someone has offered me a treat. it looks amazing. I check in with my body before I decide whether to accept the treat or not.

I love eating food that's good for me because I know that it's good for my body, I feel good while I'm eating it, and after as well. I can tell when I've eaten something that my body doesn't like because it doesn't make me feel good afterwards. It's because of this, that I try to only eat foods that make me feel good - energized, healthy and strong - not only while I'm eating, but in the hours and days after.

It's mid-afternoon now, and I still have good energy. Where normally, I would feel an energy slump and need something to help me re-focus in the afternoon, I still feel good from the filling lunch that I ate, my head is clear, I'm able to concentrate, I feel an immense amount of creativity and flow, my energy is high, and you know what? I'm still in a great mood!

Next, I want you to imagine what happens next is a stressful situation. Probably a situation that you've experienced before. It could be a conflict with a co-worker or client; or it could be an emotional phone call from a family member. It's something that's more than irritating, but something that you have historically had difficulty dealing with.

As I feel my body react to the stress, I take a breath before I respond. I realize that the feelings that I'm feeling in my body are an automatic response, and I can choose to feel something different by choosing different thoughts about this situation. I am calm, and I am confident. I want to give this person or situation the benefit of the doubt, but it's also important that my needs are met. I imagine myself in this conflict responding rationally and in complete control. I'm feeling very calm, I'm able to think this through, and I'm not emotional. And so, I'm able to handle this conflict with ease and control.

After the conflict is over, I release any attachment to it, and let it go. Like a child letting go of a balloon on a windy day.

Later in the day, preparing dinner is a breeze. I imagine myself in the kitchen making my favorite healthy dinner for myself and anyone else who is important to me. Although everything is lively, I have it all under control, and I'm enjoying myself. I love this part of the day because as I'm making dinner, I'm connecting with those who are around me, catching up on the events of the day.

When I sit down to the table to eat, I see the table, how it's set, and I as look down at the plate of food that I've prepared for myself, it looks delicious. What's on it? Take a moment to really see the table, how it looks, the food on the plate, and the aromas that you breathe.

Eating my meal is just as pleasant as I had hoped it would be. I taste each bite of food, and chew it slowly, placing my fork down between bites. Although the food is tasty, it only enhances the rest of the meal. I love connecting with my dinner companions.

As we're cleaning up after the meal, I notice that even though I am finished eating, and am physically satisfied, I haven't finished everything on my plate; and that's okay. I'll save what I can for leftovers tomorrow.

After dinner is cleaned up and put away, and I've done all of my other personal tasks that needed to get done, I notice that something sweet would be nice. However, as I check in with my body, and realize that I'm not hungry, I choose to delay that craving for 10-20 minutes, and see if it's still around later. In the meantime, I distract myself with

As I start my evening routine of gathering my things together for my day tomorrow, I have a deep sense of accomplishment as I reflect back on the events of the day. As I prepare for the following day, I am filled with an amazing feeling of gratitude. It fills my heart, and I feel such amazing joy. I am so incredibly grateful for the day that I've had, the people who are in my life, and everything that I have earned and been given.

I have the feeling in my soul that it's only going to get better. The best is yet to come.

After I've completed all of the tasks that I do on a nightly basis, and as I climb into bed, I know that I can sleep comfortably because I've done everything I need to do to start tomorrow off smoothly. I'm organized, prepared, relaxed and satisfied with the events of the day. In fact, even though today has been an ideal day, the fact is, that I can't change the events of today or any day in the past.

What's done is done. I can't control the past, and that's okay. What I can control is how I feel about it, and I can let it go.

As I lay my head down on my pillow, I know that I did the best I could today. My body and mind both feel tired from putting 100% of myself into my day. There isn't one thing that I would do differently. Today was absolutely amazing, and I couldn't be any happier. As I drift off into sleep, the questions that I ask myself are,

What am I happy about now?

What could I be happy about if I wanted to be?

How would that make me feel?

What's really great in my life right now?