

WORKSHEET 3

EXERCISE OF IMAGINATION THROUGH VISUALIZATION

Training can be done literally anywhere, whenever you want.

Close your eyes and... imagine something pleasant. Preferably a place that you have fond memories of:

- Mountains
- Water
- Green areas

Try to recall the sensations of all five senses and play them back in your head.

- Sight - what you see with your eyes
- Hearing - what you hear with your ears
- Smell - what you smell with your nose
- Taste - what you feel when you taste with your taste buds
- Touch - what you feel when you touch your hands, feet, body.

