

Empowering Visualizations

*Workbook and Journal
by Melissa Field*



Your package includes the following visualizations:

1.) Work Empowerment: 7 minutes

Use this visualization to feel more comfortable, confident, and capable at work. You can use it for the job you have now or to create yourself into a new and better job. With this visualization, you'll reprogram your brain to focus on success and your capabilities. If you get anxiety about work, this will help to stop it before it starts – your visualization starts as you prepare for work, which will lay a solid foundation for the rest of the day. You will also see yourself speaking confidently, standing up for your ideas, and being treated with respect by your co-workers.

2.) Daily Empowerment: 5 minutes

This is a visualization you can use everyday to feel better and more in tune with your self-worth. You can even use it while you're on the way somewhere, perhaps walking to work or on the train commuting. This visualization allows you to feel an overall sense of confidence, security, and enjoyment. This visualization is also good for feeling rooted and grounding yourself.

3.) Empowered Speaking: 8.5 minutes

This versatile visualization can be used anytime you feel put on the spot or nervous about being in front of others. You can use it to prepare for public speaking, an interview, when you're in a leadership position, or when you're pitching your ideas. You will visualize yourself confident, empowered, and speaking clearly and with ease. You will also receive a powerful beam of white light as soon as your speaking/interview begins. This will keep the fear out of your mind/body as your powerful Higher Self stays with you the entire time.

4.) Money Empowerment: 7.5 minutes

This powerful visual will reprogram your energy around money and wealth. You will see yourself with a bank account flush with money. You will see yourself as being in the right place at the right time for new opportunities and sources of income. And you will see yourself comfortable with all this new money, as you begin to embody the energy of wealth and financial freedom.

5.) Body Empowerment: 7 minutes

This visualization will help you to have a positive new relationship with your body. You will no longer see your body as your enemy, flawed and in need of change. Instead, you will see yourself empowered in your body and feeling beautiful and strong, just as you are. Once you've seen

yourself empowered, you can begin to see yourself how you want to be - in your healthiest and strongest state.

6.) Social Empowerment: 8.5 minutes

This visualization is for anyone who experiences social anxiety. With this visualization, you will change your pattern of expecting yourself to be nervous, shy, uncomfortable, and insecure. You will instead program yourself to stand in your self-worth and self-power. You will see yourself in social situations feeling and being confident, expressive, and relaxed. You will see yourself enjoying socializing as you know you are a person worth seeing and hearing.

7.) Relationship With Self: 9.5 minutes

In this visualization, you will reprogram negative self-talk into support, encouragement, and self-love. You will see yourself as your biggest ally, offering yourself love and support throughout the entire day. If it feels as if none of the other visualizations are working, return to this one. When we have a loving and supportive relationship with our self, it changes everything in our life for the better. This is also a powerful visualization for when you feel alone, as you will continuously see yourself offering you support in times of stress, anxiety, and doubt.

8.) Self-Value: 7 minutes

This visualization will help you to tune into your self-worth and self-power from the perspective of your spirit. You will see yourself as a vital and natural part of this world. You will embrace your place as a spiritual being in this world, created with the energy and beauty of the cosmos. You will visualize yourself embracing your own unique journey, imbuing your life and your path with self-love. And you will feel yourself connected to this world and the Universe, as you are truly a beloved member of the whole.

9.) Health & Vitality: 11 minutes

Use this visualization to strengthen your body's immune system, release fear related to illness, empower yourself to be your healthiest self, and to release stress and fatigue. When using this visualization, you will call in a divine healing energy. It will be inside of you around you, healing you from within and protecting you from without. This visualization will also help you to feel positive and capable for whatever you are facing in your day and your life.

If you would like to make a donation for this workbook or any of the visualizations please go to <https://www.melissa-field.com/donate.html>

Empowering Visualizations

When we think repeated thoughts, neurons in our brain fire together, creating rivers or patterns of belief. A belief is a thought we've thought so often it's fired many neurons together.

It's like if you walked the same way in a forest over and over. Eventually, you would create a trail, and because you knew where it went, you would continue to use it. In order to change how we feel, whether that be anxious, depressed, or both, we must give our brain a new trail to follow. We must ask our brain to step out into the unknown and create a new thought pattern. To do this, we must actively and repeatedly focus on new thoughts that build new rivers (or clusters of neurons).

Visualization is a powerful and effective way to fast-track this process. In the same way that meditation can speed up the process of breaking up old, unwanted rivers, visualization can speed up the process of implementing new ones (especially when done consistently).

Visualization works best when used every day. To see results, you'll want to give it at least three consecutive days, with the intention being seven. Keep in mind that results are not always about dramatic change or something new showing up. Sometimes, it's a small shift in how you feel. No matter how subtle the shift, it's a sign you are unwinding old patterns and shifting to new ones.

To help you stay on track with this, you can use the 7 day journal below. Once complete, if you feel motivated, print this and do it again two more times. At that point, you will have used the visualization for 21 days, which is how long it takes to make a new habit - and a new you!

7 Day Empowering Visualization Journal

My visualization is: _____

I am using it because I want to... _____

I decided to try this because ... _____

At the beginning of this process, I feel... _____

At the end, my intention is to I feel... _____

If I want to give up on this, I will encourage myself by... _____

Date used: _____ Time: _____ AM/PM

While using it, I saw myself... _____

After using it, I felt... _____

Date used: _____ Time: _____ AM/PM

While using it, I saw myself... _____

After using it, I felt... _____

Date used: _____ Time: _____ AM/PM

While using it, I saw myself... _____

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After using it, I felt... _____

Date used: _____ Time: _____ AM/PM

While using it, I saw myself... _____

After using it, I felt... _____

Date used: _____ Time: _____ AM/PM

While using it, I saw myself... _____

After using it, I felt... _____

My visualization was: _____

When I began this journal, I felt... _____

After the 7 days, I feel... _____

Something that shifted for me was... _____

One thing I realized during this was... _____

If I was going to give myself a mantra, it would be... _____

Your destiny is to fulfill those things upon which you focus most intently. So choose to keep your focus on that which is truly magnificent, beautiful, uplifting and joyful. Your life is always moving toward something.

- Ralph Marston

