

Best Possible Self Visualization

Directions:

1. Select a situation in which you want to say no. Write it in the space provided.
2. Take a big, deep breath. Let it out and close your eyes. Now, begin to see yourself approaching this situation when you are at your best. That means you are firing on all cylinders. You feel confident, at ease, and in control.
3. Describe yourself at that moment in as much detail as possible. When you are saying no as your best possible self, how are you feeling? Calm? Proud? Curious?
4. Next, explore what you are thinking. Perhaps you're reminding yourself that you've got this, or that another person's reaction means more about them than it does about you.
5. Finally, what actions are you taking? How are you carrying yourself? What's your body language like? It's likely your shoulders are back and your head is high.
6. Revisit this visualization two to three times before you deliver your "no" to really reinforce it in your brain.

Situation

Me at My Best

What are you feeling?	What are you thinking?	What are you doing?

