

Mindfulness

APRIL 2017

This month's practice is all about preparing ourselves for handling new situations, the accomplishment of dreams, and even what happens when our plans and goals go against plan. This worksheet will help you establish the grounds for you to have the skills it takes to visualize situations ahead of time so that when the moment arrives you both can know what it may look and feel like for it to go how you believe it will and to also handle how you will handle if it doesn't.

This is a very important skill to help achieve goals and to feel they are realistic. Personally, I find it also helps with anxiety about new situations or upcoming travel as well as being a tool to create success.

Write the answers below or you can place them in your journal. Share more on Instagram using our #IntentionalSeasons tag. We would love to see and hear how this Mindfulness Practice is helping you this month.

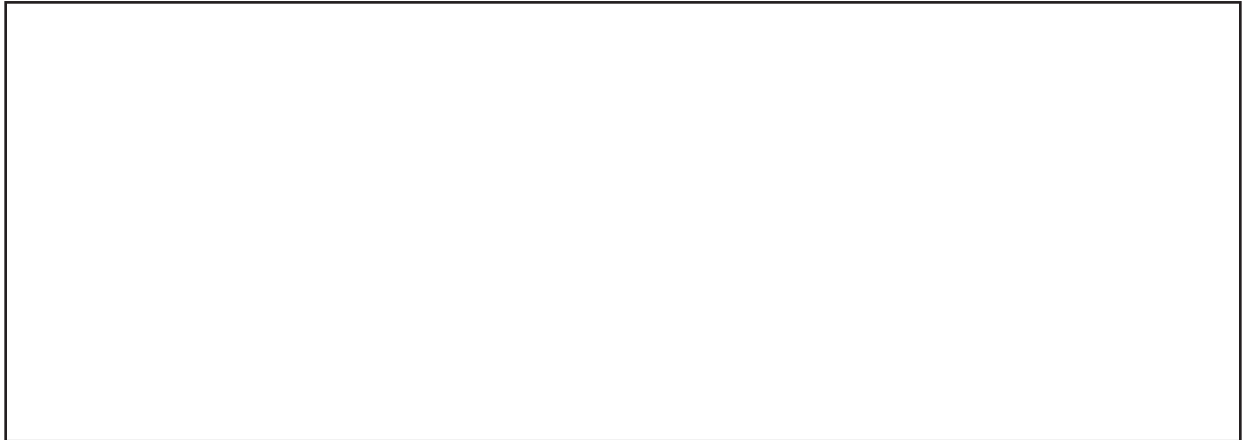
**START BY NAMING AND IDENTIFYING THE SITUATION YOU PLAN TO VISUALIZE.
GIVE AS MANY DETAILS AS POSSIBLE ABOUT THE SITUATION OR GOAL.**

NEXT, WRITE DOWN OR NAME ALL THE THINGS YOU FEEL ABOUT THIS SITUATION. THIS COULD ANXIETY, FEAR, JOY, ETC. FEEL FREE TO GO BEYOND ONE WORD.

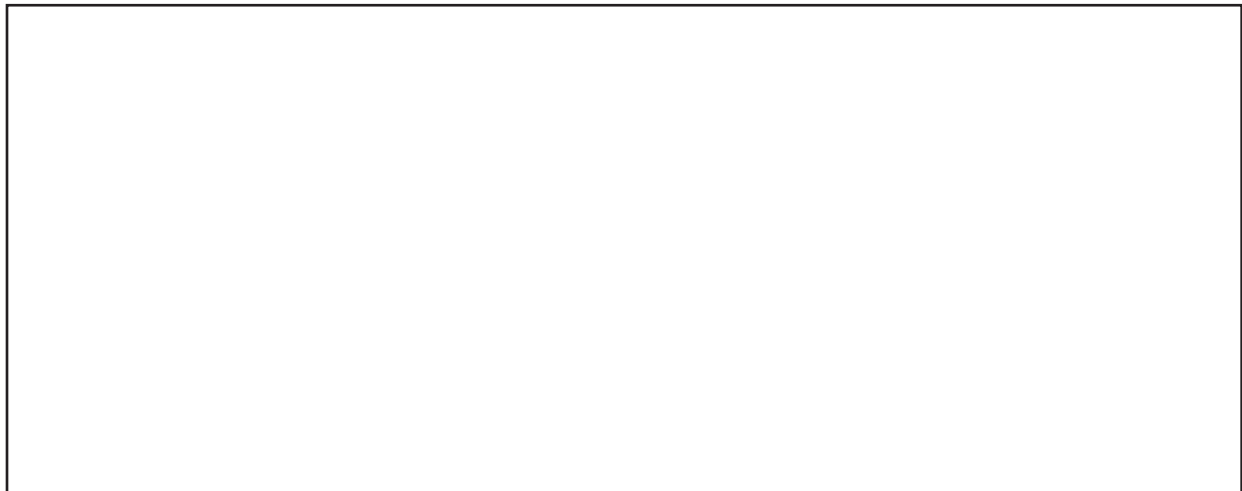
NOW MAKE A NOTE ABOUT WHAT YOU HOPE TO FEEL ON THE OTHERSIDE OF ARRIVING AT THIS GOAL OR ON THE OTHER SIDE OF THE SITUATION.

NOW, LET'S FILL IN THE GAPS. MENTALLY WALK THROUGH THE STEPS OF THIS UPCOMING SITUATION. EVERYTHING FROM NOW TO WHEN IT COMPLETED. VISUALIZE HOW YOU HOPE IT TO GO.

**NOW, MAKE NOTE OF WHAT THE WORST OUTCOME IN THIS SITUATION WOULD
COULD BE.**



**DECIDE HOW YOU WILL FEEL IF THINGS DO NOT COME TO BE AND ENGAGE
WITH THOSE FEELINGS AND THEN NOTE HOW YOU WILL MOVE FORWARD.**



**FINALLY, WRITE DOWN AGAIN THE GOAL AND THE DETAILED VISUAL OF HOW
YOU HOPE FOR THE SITUATION TO GO. THIS IS THE OUTCOME YOU WILL DWELL
ON, BUT IT IS IMPORTANT TO RECOGNIZE AND CONNECT WITH THE UNLIKELY
HAPPENING SO YOU CAN KNOW HOW YOU WILL FEEL AND HOW YOU PLAN TO
MOVE FORWARD.**

