

## Visualization Exercise – Who Am I Becoming?



Imagine yourself 20 years from now. You are attending a celebration in your honor. The room is filled with people you have met along the way. Your closest and dearest friends, family members and colleagues are there with you. One of your friends is up giving a speech about you. She is letting everyone in the room know who you really are and the impact you have had on people’s lives.

- Close your eyes and listen to her.
- Take note of who is in the room.
- Notice their body language and their facial expressions as your friend speaks of you.
- Notice how you feel.
- What are you wearing?
- See who is right next to you.
- Absorb the environment, the décor, the smell, the view, all of it.
- Where are you?
- What have you heard?

Now, write down key words that come to mind from this visualization. Describe what you saw, heard and felt.

Who did the speaker say you are? What impact have you had on people’s lives?

## Manage Your Inner Critic

Over the next week, take note of situations that bring out your negative self-talk and feelings. Notice the old rule behind the core belief that is driving your inner critic. The following week, create a new rule to replace each old rule.

Situation (Fact)	Negative Self-Talk	Feeling/Core Belief	Old Rule	New Rule
Ex: The work I did on a project was abandoned.	“How stupid and desperate of me to take this client on?”	Humiliated/Not good enough	Prove yourself	I invest my time and talent wisely.

Go on and test the new rules. You can also create an “evidence journal” that supports each of your new rules. That is, write in your journal situations in which you applied your new rule successfully.