

# Best Day visualization



This Best Day visualization can be used anytime.

Anytime you need to basically change your emotional "state" or move into a more powerful mindset. Whether you're upset, angry, stressed-out, or frustrated. Whatever emotional state that is not serving you.

This is a rapid method to change how you feel or anything that triggers you by seeing life go the way you want it to go and feel the way you want to feel.

Visualization is a straightforward practice that is simply using your imagination to see what it is you want in your life, and in this case, to change your state.





# STEPS

## Sit up straight.

You can do this first thing in the morning. It's a great, great thing to do first thing in the morning, but while you're doing it, make sure you're sitting up, so you don't fall back asleep.







Focus your eyes about 30 degrees above eye level.

Soften your gaze, relax your eyes. If you're in the dark, just imagine where you are looking.






**Take in three deep breaths.**

Breathe in slowly, deeply, and then breathe out. Breathe in deeply again, and then slowly breathe out. On your third breath, breathe in really deep. Feel it going all the way through your body down to your toes. Then slowly release your breath and breathe naturally





**Think about a situation you want to change or your upcoming day.**

**What you want it to be like, how you want things to go, whether your day is just starting or you need to change a feeling. Start seeing how you want everything to go for you.**



See a red carpet rolled out  
in front of you.

On either side of that carpet is  
everything you want. As you walk  
down the carpet, you see  
everything happening for you, in  
the way you want it to happen,  
quickly and effortlessly.





## Smile.

See everything that you want just coming to you effortlessly. It can be anything. It can be the fact that you put on your exercise clothes and head out the door. Maybe it's something to do with work or a relationship. Whatever comes to mind, see it happening as you wish..





**Take in another  
deep breath and  
slowly let it out.**





**Now, think about a person, place, or thing that makes you feel really, really good.**

Something that brings you a big, beautiful smile. Feel the happiness. You can just feel how good it feels when you're thinking about that person, place, thing, animal, whatever it is, that brings you joy. Really let that good feeling sink into your body. Move around in your mind, move around in your body, move around with your breath. Totally immerse yourself in this feeling of happiness.





**Snap your fingers or  
move them together  
quickly.**







**Cross your  
hands over your  
chest and say to  
yourself, or out  
loud,**

**"And so it is."**



**Open your eyes and  
come back to the room.**

