

WORKSHEET: VISUALIZE YOUR SUCCESS

A key component of increasing self-efficacy is the belief that you will succeed. However, an important first step is understanding your definition of success. It is important to visualize your end goal, so you know where you're headed. This vision can also help you stick to your goals when you meet setbacks.

Bring a goal to mind. Forget about how realistic it may seem. For now, simply focus on the endpoint. Write it down here.

Take a moment to imagine the cues that will signal you have achieved your goal. Visualize the scene – notice the sights, sounds, and sensations that surround you. Allow yourself to bask in the feelings of success – joy, relief, excitement, contentment – let any feelings arise. **Note those feelings and try to stay with them.**

Visualize what you went through to get to this moment – setbacks you overcame, rejections and failures you met along the way. View these setbacks from a place of accomplishment. **Write down the strengths you drew upon to overcome those hurdles. How can you use these strengths to propel you forward?**

Tap into feelings of resilience, strength, and determination. Take a deep breath in and let these feelings arise. With each breath out they become stronger. **Note the people who helped you along the way – perhaps mentors, family, friends, and colleagues.**

Imagine you can gather up all these strengths, supports, and positive beliefs. As you breathe in, feel your core radiate with self-confidence. As you breathe out, release your worries and limiting beliefs. Repeat this breathing exercise a couple of times. Breathing in strength. Breathing out fear. **Staying with the breath, come back to the present moment. Return to your goal and note how you feel.**

Repeat this exercise as you begin working toward achieving your goals. Revisit your vision of success whenever you meet setbacks.

