

HEATHER HAYWARD

CATALYST COACH & CLINICAL HYPNOTHERAPIST

Your Meditative Imagery Outline

By Heather Hayward, C.Ht.

Name: _____ Phone: _____ Email: _____

As you sit down to write remember to focus on ONE GOAL.
Think only of this ONE TOPIC as you engage the questions and
keep writing what you TRULY DESIRE to BE YOUR REALITY.

1. What is the main OUTCOME you want to experience? Be as specific and detailed as you'd like:

2. WHY is this OUTCOME a necessity in your life?

3. Please fill in what you will be experiencing once you already have achieved your OUTCOME
feeling free to have multiple sentences for each one.

I AM SO THRILLED AND FULFILLED NOW THAT ...

I am ...

I have ...

I get to ...

I feel ...

I am grateful for ...

(more room on back)

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Every day I remember to take care of my health in mind/body/spirit by...

As a bonus you can fill in what you would HEAR, SEE, AND FEEL from other people in your life once you've achieved your OUTCOME. Write out their names and fill in what you hear them say, ("Great job!"), see what they do, (Thumbs up!), and feel what it's like to be around them as they experience you attaining your goal or vision.

Feels so good being with...

