

# Ideal Healthy Self Visioning Exercise

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Optimal health begins with a clear vision of what health and wellbeing uniquely look like to you. This visioning exercise is a tool to help you clarify your blueprint toward creating your ideal healthy (on all levels) self.

If any doubts about why your vision couldn't be possible were to magically dissolve and you could wake up to a most perfect-for-you day as the healthiest version of yourself . . .

- What would that day look, sound, smell, taste, and feel like?
- How would your body move?
- How would your energy flow?

## Preparation & Instructions

- Set aside some quiet time in a comfortable, pleasant space with your notebook or computer for this visioning exercise.
- Below are some questions to get the ball rolling. These questions are simply a jumping-off point to help you tap into some intuitive wisdom about what's possible for yourself that might be hiding just beneath the surface of your everyday awareness.
- Feel this day in your bones as if it were happening right now. As if this ideal, healthiest, most energized version of yourself is already who you are.
- Step out of your linear-thinking, analytical mind and into your creative, daydreamy mind. Let your mind run free. No judgment or editing needed here. This is not a "logical" exercise. Let your imagination and intuition hop in the driver's seat.

- A little centering can help you drop out of that wild “monkey mind” and into your more naturally wise state of being. Before you dive in:
  - Feel your feet grounding firmly into the ground . . .
  - Feel your body supported by the seat beneath you . . .
  - Let your palms rest peacefully in your lap . . .
  - Close your eyes and take three full, deep abdominal breaths . . .
  - Breathe in a sense of expansiveness, wisdom, joy and ease . . .
  - Breathe out any doubt, fear, confusion or limitation . . .
  - Allowing the eyes to reopen but staying connected to this soft, receptive state . . .
- If any fear or resistance comes up as you go through this exercise, just be with it as best you can. Let it be a part of the process. No need to push anything away.
- You’re bringing into awareness a newly expanded vision of what’s possible for your most whole and happy self. Notice whatever comes up as you write. If you need to take a break and come back to this process, absolutely do that.
- Note: You’re writing about your ideal vision of your healthiest self on an ideal day, without any constraints of time, money, training or other external circumstances. Don’t worry about judgment from others. This is all about YOU.
- Write in the present tense, as if this ideal day is happening for you right now.
- Enjoy the process!

## Visioning Activity

### On a perfect day as your ideal healthy self . . .

What's the first thought or feeling that comes into your awareness as you open your eyes?

What type of space do you wake up in?

How does the energy feel there?

How does your body feel as you start to stretch and move?

How rested and ready to greet the day do you feel?

What's the flavor of your mind like this morning?

What's the first thing you do as you get out of bed?

Do you eat breakfast? If so, what? Where? How? With whom?

What kind of outfit do you put on? How does it make you feel?

Do you go somewhere to work (if you're working)?

If so, how do you get there and how does that commute feel?

How's your attitude toward the day you're approaching?

How do you greet people as you go through the day?

What type of expression is on your face?

How are you holding your body?

How do you speak (tone, body language, energy etc.)?

What words come to mind to describe how you move through the day?

How are people responding to you?

Are you mostly sitting, moving around, or some combination?

How mentally stimulated and engaged are you?

Who are you connecting with throughout this ideal day and how does that feel in your body?

Do you take breaks during the day? To do what?

Do you eat lunch? What? Where? With whom?

Are you mostly inside, outside, or some combination?

What types of self-care do you extend to yourself throughout the day?

What types of thoughts are you focusing on in your mind?

What words come to mind to describe the flow of this ideal day?

How do you and your body feel at the end of your work day?

Who or what do you come home to? How does it feel to arrive home to this ideal space?

What do you have for dinner? How does it make you feel?

What does the rest of your evening routine involve?

Why do you engage in these particular activities?

How tired are you as you climb into bed?

Around what time is it?

How do you feel as you reflect back on your day while drifting off to sleep?

What are you grateful to this day and your healthy body and mind for?

What expression is on your face and what feeling permeates your body as you drift off?

## Reflection

*Once you feel complete for now, take a few moments to sit quietly and soak in how this vision makes you feel, knowing that this reality is already in motion with you as the powerful creator at its center.*

**Credit:** The concepts inherent in this article are the author's interpretation of materials issued by iPEC®.