

Life Purpose Visualization Exercise

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Visualization is a powerful tool to help clients activate their right brain and begin to see a new reality. With a clear mental image, they can then create action plans that can help them step into that new reality. The practice of visualizations can be used effectively with individuals, teams, and in group environments.

First, you may like to begin by centering the client. This is optional. Ask for permission, "How would you feel about doing a brief centering before we start the visualization?" You may then guide your client through a focused breathing technique.

Simple breathing technique:

Begin by taking three long, slow deep breaths in through your nose, and out through your mouth. Continue to breathe normally and simply follow the pattern of your breathing for a few moments. As thoughts drift in, just notice them. Allow them to pass by while not following your thoughts anywhere. Just notice them as they come and go. Now... notice your body beginning to relax. Allow the weight of your body to sink into the chair as you are becoming very comfortable. Continue to breathe normally for another moment.

When your client is centered and ready to go, take them through the following visualization to help them connect with their purpose.

Time Travel Visualization

Imagine traveling to a time in your life when you felt your full power. During this time, you feel fully alive and entirely engaged in what you are doing and who you are doing it with. Notice yourself as completely focused, energized, and experiencing total satisfaction. You are unconcerned with what others think you should be doing with your life for this is YOUR TIME. Now... bring forward and experience the emotions and feelings you are having while stepping into your

full power and potential. See yourself expressing yourself powerfully in ways you had never dreamed possible. Take a few moments to observe yourself living in this way. You are living life on FIRE! (pause) In a moment I will count you out from one to five. When I reach five, open your eyes feeling refreshed, energized, and with a renewed sense of purpose. One, two, three... feel refreshed and energized, four, and five. Eyes open. Welcome back!

Follow-up questions:

- What were you doing in that time that fully energized you?
- What feelings/emotions were coming up for you?
- What are some things you have done in your life that make you most proud?
- What are the positions in life or the functions you fill that touch you on the deepest level?
- Describe some of your biggest, boldest dreams.
- What, if any, dreams are you afraid to say out loud? Perhaps the dream feels too big or you fear you might sound overconfident or egotistical?
- If every experience in your life was planned to prepare you for your destiny, what would you say your whole life has prepared you to do?

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