



Exercise 8

Summary:

Goal: Use vivid imagination of joyful future events or fantasies to release happy hormones, shifting your mood and mental state into the flow.

Process:

1. **Find a Quiet Space:** Sit or lie in a calm, undisturbed environment.
2. **Breathe Deeply:** Inhale deeply to relax your body and clear your mind.
3. **Choose a Happy Future Event or Fantasy:** Focus on an exciting or joyful future scenario that evokes positive emotions.
4. **Create a Vivid Vision:** Visualise the scene with detailed sensory engagement (colours, sounds, feelings).
5. **Engage Your Emotions:** Feel the joy, excitement, or peace as if you're living the moment.
6. **Stay Immersed for 3-5 Minutes:** Remain in the vision, letting the emotions flow through you.
7. **Notice the Shift:** After the vision, observe how your mood and body have changed.
8. **Carry the Energy into Your Day:** Use the positive energy and flow state to fuel your tasks.

Benefits:

- Releases happy hormones (endorphins, dopamine)
- Elevates mood and creates relaxation
- Sharpens focus and enhances creativity
- Increases emotional well-being
- Prepares the mind and body for flow

Application:

Practice creative vision anytime to elevate your mood or prepare for tasks. By vividly imagining positive future events, you can shift into a relaxed, joyful state that primes you for flow. This technique can be used to stay motivated, enhance focus, or uplift your emotional state.