

FUTURE ME

Find a comfortable seated position. If you would like, rest your head on your hands. Allow your eyes to close, or look down. Take a couple of slow, gentle breaths as you begin to relax.

PAUSE FOR ONE SLOW BREATH

Relax your face, your hands, your body. Breathe in deep and easy with a soft belly. Breathe out any stress or tension you may be feeling. With each breath, you relax a little more.

PAUSE FOR ONE SLOW BREATH

Imagine yourself in the future. Maybe 5 or even 10 years from now. You have a successful, rewarding career. You are good at what you do. Very good. And you enjoy your work. Imagine the feeling of enjoying your work, and being successful in the future as you continue to relax your breath and your body.

PAUSE FOR TWO SLOW BREATHS

Take a moment to imagine your future self. You are walking down a hallway at work, or perhaps a sidewalk. You're feeling safe and confident. Imagine what you are wearing. You

chose just the right clothing for your career. You are comfortable, and you look like the confident, capable professional that you are. Perhaps you are wearing strong work boots like a construction site manager. Or nice looking shoes that people wear in offices. Maybe you are wearing sturdy, athletic shoes like a nurse or a doctor. Your clothes fit you comfortably and you are walking with confidence.

PAUSE FOR TWO SLOW BREATHS

As you inhale gently and deeply, notice any areas of your body that still feel tense or uncomfortable. On your exhales, allow your body to relax. Enjoy this relaxed feeling, as you think about the things that make you successful at work. Perhaps these are the things that you admire about yourself now. Like being able to show up to work on time. Showing kindness or respect to your coworkers. Your ability to find good solutions in challenging situations. Perhaps you are good at math, or writing. Maybe you enjoy talking to people. Think of the things you like about yourself that make you special.

PAUSE FOR ONE SLOW BREATH

These things you admire about yourself now, imagine them growing even stronger over time. As you gain more experience, you become more knowledgeable, you are more professional, and you have everything you need to reach your goals. You are capable, and you don't give up. Relax knowing that everything you need to succeed is already inside of you.

PAUSE FOR ONE SLOW BREATH

Now imagine your future coworkers. They respect you because you are good at what you do. They are your team. You work together to reach goals and you trust each other. Think of the things you like about yourself. Your intelligence. Your work ethic. Your confidence. These things that make you successful, they make your team stronger too. You are an important part of your team. Relax and know that you are valuable. You're important. You can help others reach their goals, while you reach your goals. Take one more relaxing breath, and when you are ready, open your eyes.