

Visualisation & Neuroplasticity – Daily Practice Worksheet

1. How Am I Arriving Today?

Current state:

- Calm
- Slightly stressed
- Overwhelmed (hyperaroused)
- Shut down (hypoaroused)
- Disconnected
- Hopeful
- Curious

My body feels: _____

2. Setting an Intention

Today, I want to feel:

- Safe
- Grounded
- Energised
- Calm
- Clear-headed
- Connected

Or: _____

3. Visualisation Practice

A. Safe Place Visualisation

Where am I? _____

What can I see? _____

What sounds are present? _____

What textures or temperatures can I feel? _____

What emotions arise? _____

B. Regulated Self Visualisation

How does this version of me move? _____

How do they breathe? _____

What is their facial expression? _____

What thoughts do they have? _____

What choices do they make? _____

C. Neuroplasticity Rehearsal (Mental Rehearsal)

The behaviour I am practising:

What is happening around me? _____

How do I respond? _____

What does my body feel like? _____

How does the situation end? _____

4. Anchoring the Visualisation in the Body

My breathing now feels: _____

My posture now feels: _____

My emotions now feel: _____

5. Daily Neuroplasticity Habit

Drink a glass of water mindfully

Stretch for one minute

Pause before responding

Speak a kind phrase to myself

30 seconds of slow breathing

Name three things I can see

Other: _____

6. Reflection for Today

What shifted during this visualisation?

One thing my brain learned today:

A small step I can take to reinforce this learning:
