

## 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:

\_\_\_\_\_