

## Appendix B: Positive Visualizations

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### Positive Words

*Select a word or words from the list below and ask participants to think about it, say it to themselves, or write about it in their journals for about 2 minutes as music plays.*

Abundant; accept; acceptance; affirm; alive; allow; amaze; appreciate; art; auspicious; awaken; aware; awe

Balance; bathed; beautiful; believe; bliss; blossom; blossoming; blue skies; bountiful; breath; breathe; bright; brilliance; brilliant; bubbles

Calm; centered; challenge; charged, cheerful; chirp; clarity; cleansing; clear; colorful; compassion; confidence; confident; conscious; courage; courageous; create; creative; crystalline

Dance; dazzle; decisive; delicious; delight; determination; dream; dynamic

Earnest; electric; embrace; empower; energetic; energy; enjoy; enthused; enthusiasm; equanimity; excite

Faith; fantastic; flow; flowers; fly; forgiveness; free; freedom; fresh; full; fun

Gentle; giggle; glorious; goodness; grace; grateful; groovy; growth

Happy; heal; healthy; humble; humility

Inhale; innocence; inspiration; inspire; intuitive; invigorate

Joy

Kindness; kinetic; kiss

Laugh; learn; liberate; light; listen; lively; love

Manifest; music

Natural; nature; new beginnings; nurture

Open; overflow

Passion; patience; play; playful; poise; positive; power; powerful; prosperity; pure; purpose

Radiant; realize, refresh; release; renew; richness

Savor; scintillate; serene; shine; sincere; simple; simplicity; sing; smile; soften; sparkle; special; stainless; strength; stretch; strong; success; suffused; sunshine; survive; sweeten

Taste; therapeutic; thrill; thunder; tickle; titillate; tranquil; transcend; transform; trust

Understanding; unfold; unperturbed; unshakeable; uplifting; useful

Valued; vibrancy; vibrant; voltage

Warmth; wellness; wholeness; wonder; wonderful; worthy

Youthful

Zest

## **Positive Images**

*Ask participants to choose an image from below (or one of their own) and to think of it on each inhalation as they breathe.*

Beautiful images such as jewels, landscapes, flowers, or angels

Colors such as white light or luminous pastel colors

## **Positive Affirmations**

*Choose or ask participants to choose an affirmation from the list below (or one of their own) and say it to themselves or write about it in their journals while music plays.*

I breathe in strength, confidence, and blue skies.

I sparkle and shine with all the vibrancy of self-confidence.

My thoughts tickle and delight me with gentleness and creativity.

My positive thoughts invigorate others and me.

Today is a great day.

I create future opportunities of goodness by building on today.

Every day has goodness within it.

The greatest joys in life are shared.

Patience is a virtue. Patience is strength.

What others say is important. I listen first, clarify second, and react last. Listening is the key to understanding.

There is always something to be happy about.

I am blessed with an abundance of energy.

I am healthy, wealthy, loved, and happy.