



WORK SHEET – EXERCISE 4D

A journey into a beautiful memory

I want to invite you on an inner journey that you can do every time you feel a little sad, nostalgic or discouraged. Think back to a beautiful memory. This will allow you to reconnect with a more positive energy that you already have inside you...

1. Make yourself comfortable on a chair and straighten your back so you don't slouch. You can close your eyes to become calmer or look at a point on the ground with your eyes half closed.
2. Start your journey by concentrating on your breathing. Breathe in normally by inflating your lungs and your stomach. Then breathe out slowly. You can put a hand on your stomach, if you like, so you can feel your breathing. Take a moment to breathe.
3. How do you feel? Welcome the emotions you're experiencing right now. It's normal to feel sad sometimes. Or tired. Or discouraged. That's a part of life. Be sweet and gentle with yourself when your energy is low. Right now, you need some tenderness...
4. Now imagine that you're lying on a cloud. The cloud is very soft and tender, like cotton wool. You feel comfortable... and this cloud will be taking you on a journey.
5. I invite you to remember a pleasant moment, that you have experienced a short time ago and that you appreciated. It can be a moment you spent with your family, a celebration, or maybe a birthday party. It could also just be a small moment, like a hug with someone you like, a smile, or a good meal...
6. Use all your senses to remember this moment. Envision the place where it happened. It's a place where you feel good. Is it warm? Or cold? Breathe in air through your nose. Do you remember the smells that surrounded you? Do you immediately have a taste on your tongue? Do you remember the sounds surrounding you? Try to hear them again, if you can... And what sensations were you feeling? Think of what you felt, try to feel it again...
7. Think again of the people that were there, especially those you like... It felt great, those people being there. Do you remember? Do you see them smiling? Do you hear them laughing? Maybe you were alone in your moment, that's good too.
8. And from up there, on your cloud, lying comfortably, you relive this beautiful moment... if you want, you can smile. Feel how warm you are inside! It's like a ball of warmth that you can keep within yourself.
9. How do you feel at the end of this journey? Be aware of everything that happens in your body, continue breathing for a little while and keep your smile that you have inside and that ball of warmth. Do you feel the positive energy?
10. The exercise will come to an end. You can slowly open your eyes again and stretch, first your one arm and then the other. You're now ready to continue...