

# REWIRE YOUR BRAIN FROM: HOPELESSNESS TO HAPPINESS

## Visualization Practice Activities

Fear: \_\_\_\_\_

### Visualization # 1

### Visualization # 2

### Visualization # 3

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Amount of Practice Time:

Amount of Practice Time:

Amount of Practice Time:

_____	_____	_____
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Frequency of Practice:

Frequency of Practice:

Frequency of Practice:

_____	_____	_____
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## Brain Rewiring Action Activities

Fear: \_\_\_\_\_

### Action Activity # 1

### Action Activity # 2

### Action Activity # 3

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Amount of Practice Time:

Amount of Practice Time:

Amount of Practice Time:

_____	_____	_____
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Frequency of Practice:

Frequency of Practice:

Frequency of Practice:

_____	_____	_____
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For each **VISUALIZATION** and **ACTION ACTIVITIES** select 1 - 3 you can practice with to begin the rewiring process. Start with low practice time and low frequency which is comfortable for you handle. After one month of practice increase the practice time first and leave frequency the same. Increase frequency later on while maintaining your previous comfortable practice time. Once you feel comfortable, then you can increase the frequency of practice also.