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# WSC - Evening Visualization

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## *30 second summary:*

- ✔ **Summary:** Under 5 minutes, optimize the learning from your day for less triggers, stress and more results in the following days
- ✔ **Main Outcome:** Higher clarity on what TO DO and what NOT DO for your upcoming days (more clarity, motivation, focus on value, less procrastination, stress, doubts)
- ✔ **Top Benefit(s):** You bring closure to the triggers of your day and prepare for a next day less stressful with your time more focused on value and enjoyable experiences
- ✔ **Next Steps:** Apply this habit at the end of your day at least 4 times in the next 7 calendar days then decide to adjust/anchor/drop
- ✔ **Duration:** 5 minutes.
- ✔ **Target Audience:** Anybody willing to reduce stress and anxiety and enjoy their days more

## *Why it works*

- ✔ **Before:**

When we ask our clients what they do after work to reset so they do not carry their stress, issues and work over at home, not so many report any process that works consistently and as a result, they feel like they do not really relax and enjoy their family. And for some, days like that turn into weeks into months into burnouts...
- ✔ **After:**

The Evening Visualization is a process to reset from your day in less than 5 minutes: by reflecting on your day at different levels (Rational, Emotional and “Reptilian”), you learn to better manage similar situations and emotions in the future, which brings a sense of closure: you are less attached to your past emotions and issue and you “let go”. As a result, you feel more relieved and relaxed with a refreshed mindset to enjoy the next part of your day in the present with your beloved ones.



## *TO DO*

- ✔ **close my eyes**
- ✔ **3X slow deep breathes with a smile on my face**
- ✔ **Visualize my past day and focus on how my guts felt then and feel now**  
For any intense feeling, I attach a mental label to the feeling then move on to the next part of my day  
For the most negative emotions, I visualize what I will do next time I face a similar situation, and how I will feel instead
- ✔ **I mentally list my top lesson for the day and I visualize what I will do next time I face a similar situation, and how I will feel instead**
- ✔ **I mentally list the main thing I commit to NOT TO again in similar situations and attach to how I will feel better**
- ✔ **I open my eyes and assess how I feel**
- ✔ **Optional:**  
I act on TO DO/ NOT TO by applying my lessons for the next few days

## *- 4- NOT DO*

- ✔ Keep my eyes open during the experience (as it allows to access emotions)
- ✔ Deny the little voice, objection (as it always comes back as stress and self-judgement)
- ✔ Rush through it (as you would only access the Rational part of you)



## *Your next 2 weeks steps*

### ✔ **Start NOW or schedule your first try:**

Apply TO DO right away (<30 minutes)

Once done, decide your commitment for the next 2 weeks

How are you feeling right after? Compared to before? What was the value for you?

What to adjust for you to commit for 2 weeks?

Visualize the next time you apply it and how you would like to feel

Celebrate that you have tried something new

### ✔ **Build your habit (-> more practice -> more results)**

Model: After [OTHER CURRENT HABIT] and at/when [TIME], I will [NEW HABIT] in [LOCATION].

Example: When I log off from work, and before I get up, I put myself in a comfortable position. I close my eyes, and I imagine how I feel after my Evening Visualization: I have brought closure to my day, let go of any stress and I will feel excited about the next part of my day.

Print your sticky habit

### ✔ **Total time:**

5m/day X 6 = 30 minutes in 2 weeks

### ✔ **How you measure success:**

You have applied at least 6X times in the next 2 weeks

### ✔ **What value you can expect:**

Less stress or distraction; more focus and energy

### ✔ **How to get started:**

Print and fill your Habit template then apply right away