



WSC - Morning Visualization

30 second summary:

- ✔ **Summary:** Under 5 minutes, optimize your upcoming your day and identify your potential triggers for less stress and more results
- ✔ **Main Outcome:** Higher clarity on what TO DO and what NOT DO for your upcoming day (more clarity, motivation, focus on value, less procrastination, stress, doubts)
- ✔ **Top Benefit(s):** Your day is less stressful, and your time is more focused on value and enjoyable experiences
- ✔ **Next Steps:** Apply this habit in the morning 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:**

Many clients, when they reflect on what distracted or stressed them during the day or what did not go to plan, report having felt “triggered”, like they knew what they should have done, but “something was in their way” of acting on it. And they often feel intense emotions from it like stress, shame, anger, guilt, blame, procrastination...
- ✔ **After:**

The Morning Visualization is designed to involve the different parts of you (rational but also emotional and “reptilian”) so under 5 minutes, you can identify internal conflicts, triggers and blocks before they happen, which gives you a chance and some time to reduce their occurrence or intensity.

As a result, you face less and milder triggers, feel less stressed and can focus more on your priorities.



TO DO

- ✔ close my eyes
- ✔ 3X slow deep breathes with a smile on my face
- ✔ Visualize my upcoming day as I think it will unfold and focus on how my guts feel
 - 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 how I want to feel instead and what it changes, then I attach a label to it
- ✔ I mentally list my 3 priorities for the day that will make me feel the best
- ✔ I mentally list 3X things I commit to NOT TO
- ✔ I open my eyes and assess how I feel
- ✔ Optional:
 - I act on NOT TO list until the related emotions are acceptable (send notice for reschedule, delegation, cancelation..., state your focus...)
 - I adjust my schedule and assign time to build safety and mitigate my potential triggers

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: Before I log in at work, I put myself in a comfortable position. I close my eyes, and I imagine how I feel after my Morning Visualization: I feel clear and excited about my upcoming day, as I know when my potential triggers and NOT DO and what my priorities are.
 - 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