

Creating Your Own Visualization

For each category, write down some things that are calming for you, that make you feel centered and clear-headed.

Sights

A lake that you can't see the other side.
It's foggy but not really foggy kinda like a misty morning. It's a little dark. There's a small dock. Fireflies.

Smells

Like a few trees and flowers. There's a nice watery smell. You can smell flowers

Sounds

A few crickets, ~~a few~~ the wind blowing in the grass. the dock slowly bobbing up and down.

Touch (can include temperature, wind, rain, water, etc.)

It's warm good temperatures at dusk.
Wind blowing but not too windy.
Water calm but not still.

Tastes

The humidity. The feeling of being outside

