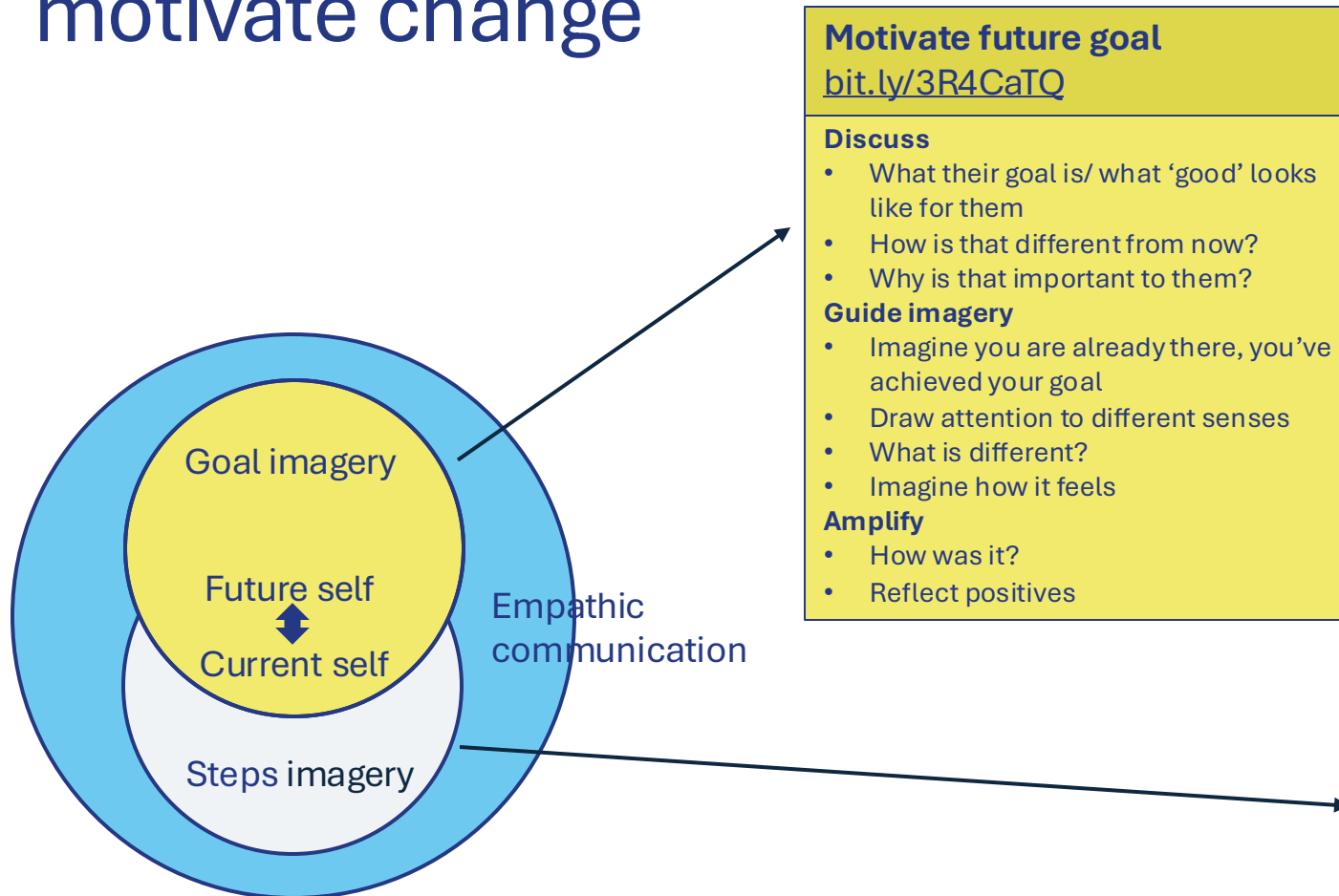


Using imagery to motivate change



Motivate future goal

bit.ly/3R4CaTQ

Discuss

- What their goal is/ what 'good' looks like for them
- How is that different from now?
- Why is that important to them?

Guide imagery

- Imagine you are already there, you've achieved your goal
- Draw attention to different senses
- What is different?
- Imagine how it feels

Amplify

- How was it?
- Reflect positives

Build confidence and desire for steps to goal

bit.ly/4cnW1XP

Discuss

- What are their ideas for getting to goal?
- Which would they like to try first?

Guide imagery

- Imagine taking the first steps, something you could do today
- Imagine how you'll do it, and how you'll feel after
- Play forward – you've been working on your plan for a few days
- Notice any small changes that are happening already
- Play forward to achieving goal, focus on how good it feels

Amplify

- How was it?
- Reflect positives