

Your Perfect Place



Imagine yourself in a perfect place. This is your perfect place.
It could be somewhere you've been before and love going.
It could be somewhere you've never been but have always wanted to go.
Wherever and whenever this place is, everything about it is absolutely perfect.
The lighting...the temperature...everything is just as you would want it to be.
Really notice the details clearly.

Nothing gets into this place except you, the sound of my voice at this time and anything you would put here to make it absolutely perfect.
You feel calm, comfortable, safe and secure.

Because this place is perfect, whenever you return here you feel wonderful.
Any negative feelings leave you and you feel full of confidence and enthusiasm.
No Worries - No Stress - No Anxiety - Lifted with positivity and optimism.

Whenever you return here, whether it be for hours, minutes or just moments, all these fantastic feelings return and you completely recharge your emotional batteries.

You can come back to this perfect place whenever you want, simply by closing your eyes, relaxing and using your own imagination just as you've done today.
There is nothing to do here. Nothing to think about.

Imagine a container, big or small, random or relevant to your perfect place.
Put everything in there that may stop you from relaxing, any little jobs, calls, emails etc.

Think of a symbol. It can be a thought, feeling, item or furniture, natural, whatever comes to mind, but make sure it is something you are proud of, pleased with. Every time you come here, improve it. Make it big, brighter, better. It's your measure of how well you're doing, like a badge of honour. Put it somewhere easy to see when you come here.

While you are here, this is a great place to speak to your crew and remind them how well they are doing. Thank them. You can tell them off, but keep it positive and give them a different thing to do instead.