

Identification Exercise

This exercise can help to bring you into a state of clarity – useful before formulating goals, making decisions, asking yourself important questions or in preparation for performance.

Guided visualisations work best when they begin with relaxation. Exercises like the one below are designed to bring you into a state of pure awareness, where you are not in a state of worry, fear, distraction or analysis. Acceptance of who you are right now helps make growth and learning an effective and positive process.

Example

Sit comfortably in your chair, close your eyes and be aware of your body and how it feels. Without judgement, let it be as it is. Bring your awareness to the different parts of your body – your feet, legs, hips, belly, chest; feel your breathing; feel your shoulders, arms, hands; your neck and head. Relax your jaw and facial muscles; focus on your breathing in and out. Allow your body to be as it is, without judgement. You have a body, but you are more than your body. (Wait 30 seconds)

Notice your emotions and how you are feeling. As you breathe in & out, feel whatever emotions arise. Observe them without judgement. You have and need your emotions, but you are more than your emotions. (Wait 30 seconds)

Notice your thoughts. Watch them come and go without holding on to them or judging them. You have and need your thoughts, but you are more than your thoughts. (Wait 30 seconds)

Be aware of the part of you that is watching your thoughts. You are a centre of pure consciousness that can observe your thoughts, your feelings and the physical sensations of your body. You are observing:

Without fear

Without judgement

Experience your self – being fully present in this moment.