

# Mindful Monday

Intentional Mental Health Practices

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Intentional Visualization 2



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**The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:**

**STRENGTHS-BASED  
AND HOPEFUL**

**INCLUSIVE AND  
ACCEPTING OF  
DIVERSE CULTURES,  
GENDERS,  
PERSPECTIVES,  
AND EXPERIENCES**

**HEALING-CENTERED AND  
TRAUMA-RESPONSIVE**

**INVITING TO INDIVIDUALS  
PARTICIPATING IN THEIR  
OWN JOURNEYS**

**PERSON-FIRST AND  
FREE OF LABELS**

**NON-JUDGMENTAL AND  
AVOIDING ASSUMPTIONS**

**RESPECTFUL, CLEAR  
AND UNDERSTANDABLE**

**CONSISTENT WITH  
OUR ACTIONS,  
POLICIES, AND PRODUCTS**

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**SCAN ME**



# Mindful Monday

## Intentional Visualization 2

*“mindfulness is the awareness that emerges through paying attention on purpose, in the present moment, and nonjudgmentally to the unfolding of experience moment by moment”*

*~Jon Kabat-Zinn*



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# Welcome

# Grounding



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# What is Visualization?

Visualization involves creating vivid mental images of your desired future. It goes beyond wishful thinking; it is a deliberate practice that engages your senses, emotions, and subconscious mind. By immersing yourself in the experience of achieving your goals, you create a powerful blueprint for success.

*LinkedIn*



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# Examples of Visualization

Elite Athletes who have learned to focus on the critical movements before they ever step into their competitive arena include:

- Free Solo rock climber Alex Honnold
- NBA basketball player LeBron James
- Competitive swimmer and winner of 28 Olympic medals, Michael Phelps
- Multi-gold medalist Olympian diver Greg Louganis

Stroke victims have used the mental exercise of visualization to activate neuroplasticity. Just doing it mentally works in a way similar to physical activity.

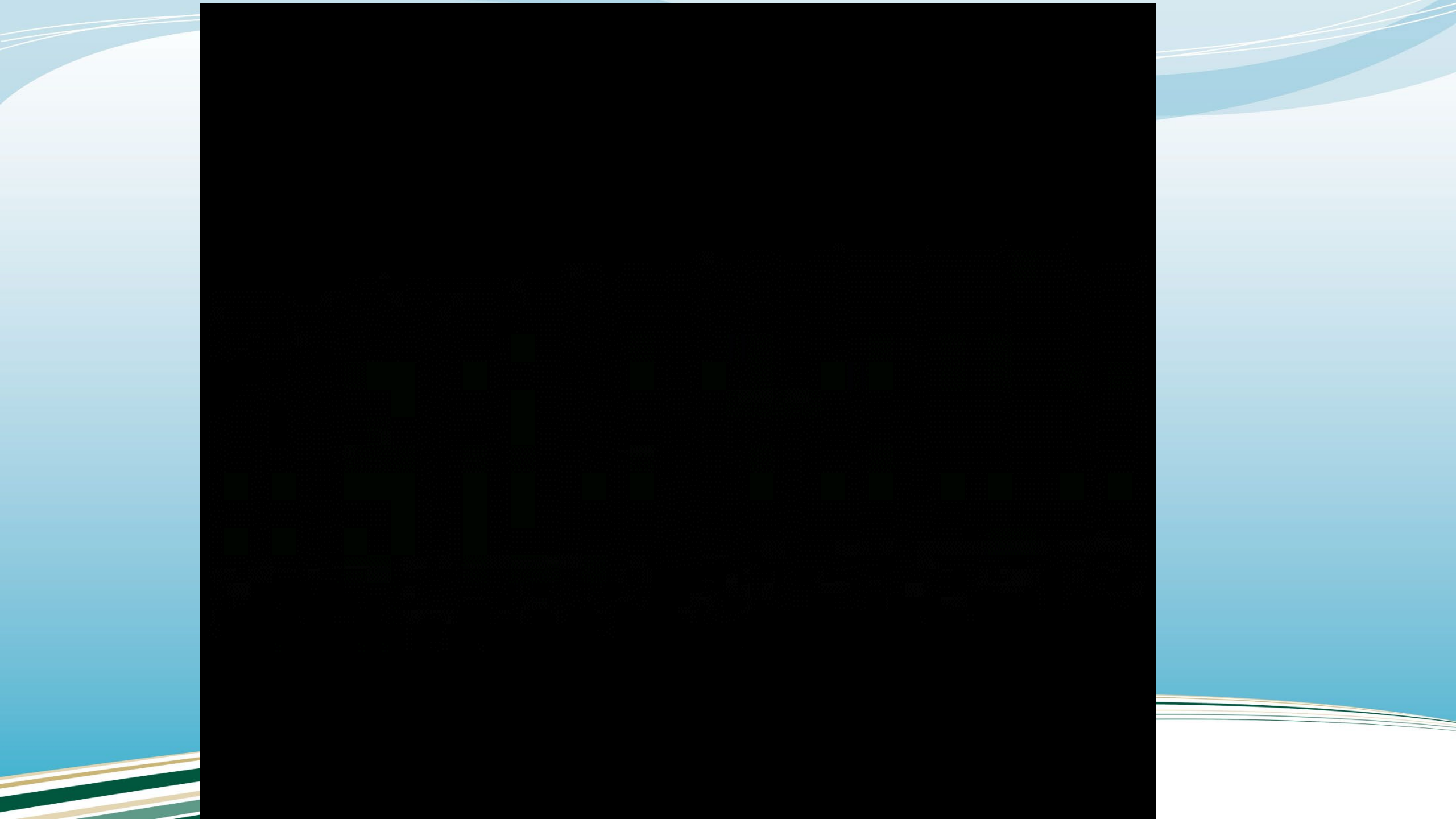


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# Goals vs. Vision

A goal is a specifically designed milestone that requires completion.

A vision is the big picture of your desired outcomes.



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# FOCUS ON YOUR GOALS



*guided meditation*



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# Reflections

How did this meditation make you feel?

Feel free to share your thoughts in the chat or unmute.



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# Resources

- ▶ How to Use Meditation to Visualize Your Goals  
<https://chopra.com/articles/how-to-use-meditation-to-visualize-your-goals>
- ▶ 5 visualization techniques to help you reach your goals  
<https://www.betterup.com/blog/visualization>
- ▶ Visualization Meditation Actually Encourages an Active Mnd  
<https://www.wellandgood.com/visualization-meditation/>
- ▶ Focus on Your Goals (Guided Meditation)  
<https://youtu.be/4Nw8EmF-DqE>



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Thank You for Joining Us!

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## Creativity 1

September 11, 2023

