

Three Months For Yourself

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FORMAT:

Whole group visualization exercise (also can write afterwards)

Duration: 20 minutes

Note: good to do half way through interior redesign process

PURPOSE:

Experience what you always wanted to do for yourself so that you can after that finally serve others.

SETUP:

Whole group sitting in a circle.

INTRO / BACKGROUND:

INSTRUCTIONS / PROCEDURE:

- Close your eyes.
- Take 3 months to do everything you always wanted to do for yourself.
- Go there. In detail.
- Go through it all.
- Clean closets, sleep in till 8 p.m., massages every day, climb Mt. Kilimanjaro, read books, write books, watch the ocean.
- Don't talk about it – do it now.
- Describe out loud the experience – exactly, everything as it goes.
- Move your hands, smell it, feel it, taste it, see it.

=> 5-10 minutes

- Come to a stop.
- Wasn't that just great, totally fantastic, a wonderful time? All just for yourself?
- You get 3 more days to do anything else you left out, anything you forgot.

=> 2 minutes

- Take a deep breath.
- Feel every cell relaxing, you knowing you have already done whatever you wanted to do for yourself.
- Welcome back.
- Now you can serve others.

DEBRIEF: