

Self Esteem Guided Imagery

Find a comfortable place to sit and close your eyes. Relax your body. Unclinch your jaw, relax your neck, and stretch any parts of your body where you may be holding tension.

Take a deep breath and focus on your breathing. Breathe in relaxation and breathe out tension. breathe in calmly and let all the tension go as you exhale.

Continue to breathe slowly, and gently, deepening your state of relaxation more and more with each breath. Deeper and deeper. More and more relaxed. Calm. At peace.

Bring your attention to your thoughts and begin to picture a place that creates a sense of calm and safety in your life. This place may be real or imagined. Allow yourself to travel to that place in your mind as you continue to focus on your breathing and deepen your relaxation.

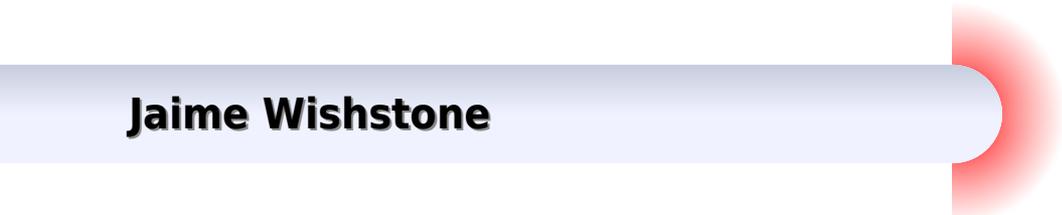
Breathe in relaxation and breathe out tension breathe in calm and let all the tension go as you exhale. Allow the sights and sounds to wash over you. As you sit in this relaxation repeat the following positive statements in your mind.

I am at peace with myself.
I am grateful for the body I have.
I value myself as a person and am confident in myself.
I am a valuable human being and have a purpose.
I deserve to feel calm and relaxed.
I deserve to be happy.
I am human and am allowed to make mistakes.
I am learning and growing every day.
I allow my happy feelings to wash over me and work to be content.

Now it is time to leave your special place. Know that you can return here in your imagination any time to relax, feel calm, and be safe. Take with you the feelings of acceptance of yourself, and increased self-esteem. Continue to feel positive and accepting of yourself. Hold onto this secure feeling of self-esteem as you return to your day.

Guided Imagery Scripts

Jaime Wishstone



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Table of Contents Guided Imagery Scripts

1. Understanding the eBook Guided Imagery Scripts
 - The Rise of Digital Reading Guided Imagery Scripts
 - Advantages of eBooks Over Traditional Books
2. Identifying Guided Imagery Scripts
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Guided Imagery Scripts
 - User-Friendly Interface
4. Exploring eBook Recommendations from Guided Imagery Scripts

- Personalized Recommendations
 - Guided Imagery Scripts User Reviews and Ratings
 - Guided Imagery Scripts and Bestseller Lists
5. Accessing Guided Imagery Scripts Free and Paid eBooks
 - Guided Imagery Scripts Public Domain eBooks
 - Guided Imagery Scripts eBook Subscription Services
 - Guided Imagery Scripts Budget-Friendly Options
 6. Navigating Guided Imagery Scripts eBook Formats
 - ePub, PDF, MOBI, and More
 - Guided Imagery Scripts Compatibility with Devices
 - Guided Imagery Scripts Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Guided Imagery Scripts
 - Highlighting and Note-Taking Guided Imagery Scripts
 - Interactive Elements Guided Imagery Scripts
 8. Staying Engaged with Guided Imagery Scripts
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Guided Imagery Scripts
 9. Balancing eBooks and Physical Books Guided Imagery Scripts
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Guided Imagery Scripts
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Guided Imagery Scripts
 - Setting Reading Goals Guided Imagery Scripts
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Guided Imagery Scripts

- Fact-Checking eBook Content of Guided Imagery Scripts
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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