



## Visual Imagery

Think of a high calorie food or dessert that you eat often. Now visualize that food as being repulsive and tasting disgusting. Next, visualize a bowl of salad or vegetables as being extremely good tasting and associate that image with a blissful feeling.

Visualize your stress, anger and/or anxiety as a large very tense balloon. Now visualize the balloon slowly losing air, slowly collapsing, getting smaller and smaller as you feel the stress and anger leaving your body. Feel all the stress and anger leave your body as the balloon crumples to the ground flat and fully deflated.

During times of stress or anger, visualize the pure joy you will experience by rewarding yourself with a fun activity such as walking, a favorite exercise, a game, a good book, or other activity you enjoy.

Visualize yourself as a person that does not depend on food as a reward to fight stress. See yourself conquering stress through a positive attitude and participation in fun activities.

During periods of fasting and hunger, visualize your body burning the fat stored around your belly for energy. Visualize, in great detail, how your body can scoop out that stored fat and burn it for energy, negating the need to eat anytime soon.

If injured or suffering with chronic pain, visualize yourself exercising without pain. Start off slowly and realistically, then imagine you are running, running fast and far to the point of exhaustion. This may speed up your healing and you may burn calories as your brain “tricks” your body into thinking the exercise was real.

Visualize yourself with the body you want, walking confidently with perfect posture and a fit body.

Visualize yourself being a person who has fun, loves exercise, and has a smile on your face as you exercise or participate in your favorite sport.

Visualize yourself making smart choices, eating healthy, and being better for it.

Take a few minutes every night before you doze off to sleep to practice this important visual imagery. Start by taking three slow and very deep breaths. Spend several minutes concentrating hard on the image you want to create. Then fall asleep with your last conscious thoughts being this “new” person you want to be, full of energy and living this healthy new MELE lifestyle.

For best results, take this task seriously, believe in it with all your heart, concentrate, make the imagery as real as possible, and repeat daily for three weeks.