



DISCOVERING YOUR TEMF'S
(YOUR TRUE EMOTIONAL MOTIVATING FACTORS)
VISUALISATION SESSIONS



MODULE 1 ACTIVITY 17



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YOU DECIDE THE RESULTS YOU WANT...

Read a question, close your eyes, really try and immerse yourself in the emotions, feelings and visualisations that come from the questions you are asking of yourself...

1. Visualising what you don't want

This might seem like a bit of a 'counterproductive' exercise... Why would we want to visualise what we *don't* want? Well, this exercise is designed to hit home fast, to reveal what matters to you most, and to also highlight and acknowledge that present actions, thought patterns and behaviours are possibly leading you exactly where you don't want to go. You must be clear on what don't want so you can stay focused on what you do want. This exercise will also help you understand why.

Let's take a look at life as it is for you right now...

What is your age? _____

Once you read the questions on the next page, close your eyes and visualise your life at this age before you write down your answers - see and feel everything in your mind first, then write...





Based on what you are doing right now in your life, what does your life look like right now, in all the areas of your life, what does your health look, how do you feel, what’s bothering you the most right now with your body, your health, your wellbeing? What is your quality of life like, how is your energy, how do you feel mentally, emotionally, physically?

Don't hold back. Go deep, and write it all down:





Whats going on in your family’s life, in all the areas of their lives, how are they doing? What does your family’s health look like, how are they feeling, what are they going through, and experiencing? What’s bothering them the most right now with their bodies, their health, their wellbeing? What is your family’s quality of life like, how is their energy, how are they doing mentally, emotionally, physically?

Don’t hold back. Go deep, and write it all down:





Now, let's move to 5 years from now.... **What is your age? _____**

Once you read the questions below, close your eyes and visualise your life at this age before you write down your answers - see and feel everything in your mind first, then write...

Based on what you are doing right now in your life, what does your life look like 5 years from now, in all the areas of your life, what does your health look, how do you feel, what's bothering you the most right now with your body, your health, your wellbeing? What is your quality of life like, how is your energy, how do you feel mentally, emotionally, physically?

Don't hold back. Go deep, and write it all down:





Whats going on in your family’s life, in all the areas of their lives, 5 years from now? How are they doing? What does your family’s health look like, how are they feeling, what are they going through, and experiencing? What’s bothering them the most right now with their bodies, their health, their wellbeing? What is your family’s quality of life like, how is their energy, how are they doing mentally, emotionally, physically?

Don’t hold back. Go deep, and write it all down:





Ok, so let's move to 10 years from now... **What is your age? _____**

Once you read the questions below, close your eyes and visualise your life at this age before you write down your answers - see and feel everything in your mind first, then write...

Based on what you are doing right now in your life, what does your life look like 10 years from now, in all the areas of your life, what does your health look, how do you feel, what's bothering you the most right now with your body, your health, your wellbeing? What is your quality of life like, how is your energy, how do you feel mentally, emotionally, physically?

Don't hold back. Go deep, and write it all down:





Whats going on in your family’s life, in all the areas of their lives, 10 years from now? How are they doing? What does your family’s health look like, how are they feeling, what are they going through, and experiencing? What’s bothering them the most right now with their bodies, their health, their wellbeing? What is your family’s quality of life like, how is their energy, how are they doing mentally, emotionally, physically?

Don’t hold back. Go deep, and write it all down:





You can do this for every 10 years of your life if you like... you can skip the next 2 if you want but I encourage you to write a couple lines at least, really go through the emotion of this visualisation session - it paints a really clear picture...

Optional...What about in 10 more years time? ... **What is your age? _____**

Once you read the questions below, close your eyes and visualise your life at this age before you write down your answers - see and feel everything in your mind first, then write...

Based on what you are doing right now in your life, what does your life look like 10 years from now, in all the areas of your life, what does your health look, how do you feel, what's bothering you the most right now with your body, your health, your wellbeing? What is your quality of life like, how is your energy, how do you feel mentally, emotionally, physically?

Don't hold back. Go deep, and write it all down:





Optional...And what about in 10 more years after that? ...

What is your age? _____

Once you read the questions below, close your eyes and visualise your life at this age before you write down your answers - see and feel everything in your mind first, then write...

Based on what you are doing right now in your life, what does your life look like 10 years from now, in all the areas of your life, what does your health look, how do you feel, what's bothering you the most right now with your body, your health, your wellbeing? What is your quality of life like, how is your energy, how do you feel mentally, emotionally, physically?

Don't hold back. Go deep, and write it all down:





Whats going on in your family’s life, in all the areas of their lives, 10 years from now? How are they doing? What does your family’s health look like, how are they feeling, what are they going through, and experiencing? What’s bothering them the most right now with their bodies, their health, their wellbeing? What is your family’s quality of life like, how is their energy, how are they doing mentally, emotionally, physically?

Don’t hold back. Go deep, and write it all down:





PLEASE DO THE REST OF THE EXERCISES BELOW - they are important:

Now let's move to the later years of your life... **What is your age? _____**

Once you read the questions below, close your eyes and visualise your life at this age before you write down your answers - see and feel everything in your mind first, then write...

Based on what you are doing right now in your life, what does your life look like in the later years of your life, in all the areas of your life, what does your health look, how do you feel, what's bothering you the most right now with your body, your health, your wellbeing? What is your quality of life like, how is your energy, how do you feel mentally, emotionally, physically?

Don't hold back. Go deep, and write it all down:





In the later years of your life, what's going on in your family's life, in all the areas of their lives? How are they doing? What does your family's health look like, how are they feeling, what are they going through, and experiencing? What's bothering them the most right now with their bodies, their health, their wellbeing? What is your family's quality of life like, how is their energy, how are they doing mentally, emotionally, physically?

Don't hold back. Go deep, and write it all down:





Now, assess how you feel.

The purpose of this visualisation exercise, is so that you can get familiar with your emotional motivators. Where you are at emotionally? What made you feel emotional?

How do you feel about what you just visualised, what you just saw, experienced, felt? What insights came through for you during this last visualisation? What did you see that you didn't like?

What came through as truly important to you? What do you now know? What was it about that pervious visualisation session that you didn't like?

Write all your emotions down. Just start writing, and don't stop until you 'know' you have really got everything you felt down on paper. If you get stuck, re-read the questions above to spark more writing...

Don't hold back. Go deep, and write it all down:





2. Discovering your TEMF's (Your True Emotional Motivating Factors)

Based on your previous answer, you will probably have some pretty strong insights about what drives you emotionally, in everything you do. You'll have deeper insight as to the real deeper, and more meaningful reasons why you really want better health and wellness for yourself and your loves ones.

You've already set out Goals for yourself for this Program, but now I want you to think about why you really want to achieve them. Clue: it has more to do with the emotions you felt doing the last visualisation. **WHY** are your health and wellness Goals so important? Why is changing your lifestyle and pursuing better health and wellness so important? Why is having creating, living and achieving **Your Best Fresh Life**, so important? What do you want to experience, what do you want to feel, what do you want for your family, what do you want their experience to be, how do you want them to feel?



