



# Imagine the Ideal You

## Lesson Content

Let's apply the "magic bead" principle (video) to your life. Have you ever imagined the ideal vacation, or the ideal summer day? Perhaps you've imagined an ideal performance in your sport, or the perfect part-time job. They say one of the most significant differences between humans and all the animals of the kingdom is our ability to imagine - to see in the theater of our mind what could be, not just what is.

What if you used your imagination to picture the ideal you? In fact, that's your assignment for today. Use your mind's eye to construct a detailed image of yourself at your very best. It's not necessarily about perfection, and it's certainly not about wishing you were somebody else. It's more about picturing the specific characteristics that shine through when you're at your absolute best.

Elite athletes and professional entertainers imagine their ideal performance in advance. They see every detail and feel every sensation associated with it. That exercise allows the subconscious mind to begin moving them toward their best. Why shouldn't we use the same technique to move us toward our very best? Are you ready to imagine the ideal you and put the power of your mind to work?

### **LEARNING OBJECTIVE:**

Student will identify his/her most desirable behaviors and attitudes.

### **INSTRUCTIONS:**

Discuss the questions on page two of the handout following the video. Invite students to share their answer for questions 1 only. Answers to question 2 are for personal reflection.

### **DISCUSSION:**

*Give each student a bead tied to the end of a 10 inch piece of string and give these instructions:*

- "Standing perfectly still get the bead to move in a clock-wise circle using only your mind. When successful, instruct your bead to move in a counter clock-wise direction using only your mind." Students may do this while standing first and later try it while sitting with an elbow resting on a table (which is a little more difficult). It's important that students are quiet, focused, and totally concentrating on only their bead. When distracted by other people's beads their bead will not move - which is a very important teaching point.
- Secondly, give each student page two of this handout for them to complete. It contains questions about the "Ideal Self".
- Make the connection that the mind is such a powerful tool that when we build vivid images of the person we wish to be our subconscious mind does not judge our vision, it only assumes it to be true.
- This personal visioning exercise is based on the fundamental premise that when we begin with the end in mind we increase our chances of fulfilling our potential.

1

What benefits will we experience going forward by imagining our ideal self now?

Shared answer

2

Describe the “ideal you” in the following situations.

When you have to learn something new:

When your work is criticized:

When a friend is in need of help:

When you get bad news about grades:

When you are in your best mood:

Private answer