

Powerful Women Visualization

Close your eyes and try to relax.

Take 3 deep breaths: breathe in relaxation and exhale any tension you are holding in your body.

As you relax, imagine you are walking into a cocktail party. . . . You are feeling relaxed and comfortable with the idea of meeting and talking with the people in the room.

In your mind's eye, look around the room and see all the people talking and laughing with each other. As you look around, you notice a woman who looks very powerful. Attend to how she looks . . . what she is wearing . . . how she holds her body. Notice with whom she is interacting and how she talks. Observe how others around her are behaving, and tune in to your own feelings about approaching her.

Now it is time to return to reality.

Slowly open your eyes and reorient yourself to the room. Stretch and make a few quick notes about your visualization.