

Circle of Excellence

Did you know that your thoughts create your feelings? So, if you feel frustrated, sad or stressed, these feelings are coming from how you are thinking about your situation. Take a moment and look at your thoughts. You might need to shift your thoughts or do this visualization exercise called the **CIRCLE OF EXCELLENCE**.

The **CIRCLE OF EXCELLENCE** uses your positive emotions and memories to improve your current and future experiences.

Step 1: Imagine a 3 foot circle on the ground.

Step 2: Think about every good thing about yourself.

- +A in Math
- +Cleaned Room
- +Church Service
- +Lots of Friends
- +Strong Swimmer

Remember your every good deed, every goal achieved, and every strength.

Step 3: Visualize each good memory filling your imaginary circle.

- +Lots of Friends

Each additional good memory strengthens the power of your circle...

- +Church Service
- +Lots of Friends
- +A in Math

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Step 4: When your circle is full of your good, positive memories...
...jump into it!

- +Church Service
- +Cleaned Room
- +Lots of Friends
- +Strong Swimmer
- +A in Math

Step 5: Take a deep breath and feel the positive energy!

Next: Whenever you need a boost, re-imagine your Circle of Excellence and jump back in!

