

## AN EXPERIENTIAL IMAGERY EXERCISE

*You may color and write on the stairs. Using one or two words, describe significant memories that have given your life greater purpose and helped you overcome problems or challenges. You can place them chronologically starting at the top of the stairway.*



# PRINCIPLE

*Memories are like stairs—they lead you forward when you utilize them as a bridge between your past and your future. Depending on how you perceive them, they can empower you or defeat you. When memories are given purpose and destination, they can help you overcome any challenge in life.*

***Take time to think through the process, using it as a stairway to bridge your past and your future.*** The goal is to learn how to reflect upon and reinstate the feelings from your accomplishments and victories, so you can have greater confidence when faced with new challenges.

*What strengths have you developed during your journey of walking through these challenges? List 5–10 strengths.*

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*What have you learned during or after the journey?*

*What positive feelings emerge from your memories of overcoming the challenges you have faced?*

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*How can you implement the strengths and feelings of victory from the past in a current situation you are facing?*