



THE CONFIDENCE PATHWAY

*You're closer than you think to becoming
the person you once only dreamed of being.*

***The “Becoming You” Visualisation Audio
Support & Journaling Prompts***



Deborah Green 

Clarity & Confidence Coach for Becoming You



Becoming You Audio

Try to listen to this after the Grounded Breath audio to begin with but, also use it as & when you wish, on a walk or while getting ready if you prefer.

Listening to this will help you to energetically connect you to the part of you that “already knows”. Your future self.

They/he/she is waiting for you & this is who you will become.

This version of you is not separate from you but simply waiting to be embodied.

Allow yourself to feel & be inspired by this version of you & then lean on them (how or what would **they** do?) as you make decisions & take action.

Why Visualisation Works

Visualisation is an incredibly powerful tool because the mind doesn't fully distinguish between a vividly imagined experience and a real one.

When you mentally rehearse a desired outcome, your brain begins to lay down the same neural pathways as if it were actually happening. This primes your body, nervous system, and self-belief to follow through in real life.

It's why top athletes don't just train physically - they *see the win* before they step onto the field. They mentally run the race, take the shot, feel the victory.

So when **you** embody the feelings & visualise the energy of your future self, you begin to become & act as if it's already here.



Here's another way, if you'd prefer to journal this than listen to the audio.

- What is their morning routine like?
- What time do they wake up?
- What do they do differently in the morning?
- How does their morning routine shape their day?
- What do they wear? Do they dress any differently to how you currently dress?
- How does he/she care for herself?
- What does she/he value?
- What boundaries are firmly in place?
- What's her/his daily step?
- How do they celebrate their wins?

