



If you are receiving this worksheet, it means that you have already participated in the Mountaintop exercise. Below is a follow-up list of questions that are designed to help you increase your sense of awareness for greater insight and creativity.

1. During your participation in the Mountaintop exercise, did you experience your body differently in the second part than in the first? \_\_\_\_\_
2. If so, how did your experience differ? \_\_\_\_\_  
\_\_\_\_\_
3. Give an example of how you used negative imagery in the past to scare yourself. Fill in the blanks: I would like to \_\_\_\_\_, but I scared myself by imagining \_\_\_\_\_.
4. Give an example of how you might use positive imagery to empower yourself in the future. Fill in the blanks: I want to \_\_\_\_\_, and I will encourage myself by imagining \_\_\_\_\_.

Using the example of positive imagery, take time to visualize yourself doing those things that you only dreamed of doing. Try to be present and see yourself within the context of your ideal circumstances. Continue to engage your imagination by focusing on your goal(s) until they are realized. Keep a personal journal to record any new insights that arise as a result of your mindfulness practices.