



P.R.I.S.M

Mindfulness Script

Find a peaceful space where you can be alone for a few moments. Once you're comfortable, close your eyes and take some slow, deep breaths to ground yourself.

Begin by visualising yourself walking through a tranquil forest. As you wander through this serene environment, you notice a radiant prism resting on a mossy rock. Its inner light beckons you. You pick up the prism, and as you hold it, it emits a vibrant red light.

Instantly, you feel this red energy flowing through your veins. Your body straightens, your shoulders roll back, and you stand tall. This is your Power Pose—full of authority and confidence. Feel this red energy dispelling any self-doubt or imposter thoughts. Know that you are more than worthy of your achievements and aspirations.

The prism now shines a radiant yellow light. Suddenly, the forest transforms. You find yourself amidst various obstacles—jagged rocks, fallen logs, and steep cliffs. These obstacles symbolise the challenges that often bring about imposter thoughts.

Armed with the yellow light of Resilience, you navigate these obstacles effortlessly. Feel the resilient energy bolstering your determination, reminding you that you're stronger than any challenge or negative thought that may come your way.

As you continue your journey, the prism transitions to a soothing green light, revealing a clear path forward. You hear a voice emanating from within. This is your Inner Coach.

Your Inner Coach encourages you to embrace your abilities, talents, and self-worth. Listen to this voice; let it resonate within you. Your Inner Coach understands your true potential—even when you struggle to see it yourself.

The light of the prism changes to a calming blue, and you find yourself beside a peaceful lake. Take a moment to immerse yourself in Self-Compassion. Understand that everyone, including you, is a work in progress. Give yourself the gift of forgiveness and self-acceptance, washing away lingering imposter thoughts.

Imagine gently dipping your fingers into the lake. The water symbolises self-love, washing over you and accepting you, flaws and all. The blue light envelops you, leaving no room for self-criticism.

Finally, the prism transforms into a glowing white light. The forest fades away, and you find yourself in a boundless white space. This is a space of Mindful Awareness.

Here, become fully present. Acknowledge your thoughts without judgment and recognise that your imposter thoughts are merely thoughts. They do not define you. In this white light, your awareness deepens, allowing you to separate yourself from these self-limiting beliefs.

Now, slowly bring the prism closer to your chest, closer to your heart. Feel it becoming a part of you as it melts into your very being. The lessons of the PRISM—Power Pose, Resilience, Inner Coach, Self-Compassion, and Mindful Awareness—are now etched into your heart, empowering you to conquer imposter thoughts.

Open your eyes and re-enter the world, with your inner light shining brighter than ever.

Thank you for walking this journey of transformation and enlightenment

 P - Power Pose

 R - Resilience

 I - Inner Coach

 S - Self-Compassion

 M - Mindfulness