



Holistic Restoration

Creating Balance, Transforming Lives

The 10:10 Visualization Technique (as taught by Matthew Ferry)— Use this in any area of your life that you desire change. Commit to 30 days of writing down 10 things you love/appreciate about the person/situation, followed by 10 things you would like to see change. Challenge yourself to only speak of and look for the things you listed when you look at/think of/speak of that person/situation. You will quickly find that not only does this person/situation have the characteristics you desire, they've likely had them all along, only you stopped seeing them at some point, or never thought to look. Just because you don't see the Love, it does not mean it's not there.

10 Things I Love About My Current Situation (pick any person or situation for this exercise)

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

10 Things I'd Love to See About My Current Situation

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.