

Jamie Kim (Intro): Hi, my name is Jamie Kim, and I'm a coach at Reboot. In my work with Carl Buchheit at NLP Marin, I learned to use a visualization that helped me through what was a challenging time. That time was about me growing into something bigger than what I thought I was ready for. I hope this visualization can help you to feel the support and encouragement that is here for you to step into your bigger shoes. Enjoy.

Jamie Kim: Close your eyes and in your own way, find your breath. And start to really invite the darkness behind your eyelids. Now, imagine yourself standing in a dark space, feel the coolness of the space against your skin. And now a spotlight is shining on you. And on the edges of this light, you start to notice the floor, it's a gymnasium floor. While you're standing in a school gymnasium and the light expands and you notice in front of you are bleachers. And sitting on the first row of those bleachers is your mother and your father. And they are looking at you, take them in. And as the light expands further, you notice that there are people sitting behind your mother and father, behind your mother is her mother and father, behind your father is his mother and father.

Jamie Kim: And now behind your mother's mother is her mother and father, behind your mother's father is his mother and father. And the same goes for your dad's line. Behind his mother is his mother and father, behind his father is his mother and father. And behind them too, mother, father, mother, father, mother, father, mother, father, mother, father, mother, father, mother, father. And it just keeps going as the light expands, you notice the bleachers just keep going and you see more and more faces of your ancestors and go so high that you can no longer make out their faces anymore. And they're all looking down at you, ooh, in total awe my goodness, look at them. Look at our great, great, great-grandchild. What a sight, how amazing.

Jamie Kim: And as you stand there now, I want you to please begin introducing yourself, perhaps starting with your name and share with them who you are, how you spend your life, what you're dedicated to, what you stand for and who you do it all for. Do so now. Uh, when you feel complete in whatever way feels right to you, it may be a bow, it may be a nod of the head, it may be that you kneel, in whatever way I want you to make a physical gesture in your mind that displays your respect and appreciation towards all of these people who have come before you. And as you rise and you look ahead and you see these faces, they are now returning that gesture in unison towards you, showing you respect and appreciation. The spotlight goes out, you're standing once again in darkness. You feel the cool air. And when you're ready, open your eyes.