



Triunity Coaching, LLC

Imagery Worksheet

Imagery can be a powerful tool that can speak through your consciousness and reveal more about your true feelings and desires. There is no right or wrong way to do this exercise and it is best if you do not question or overthink the process.

Use the space below or a separate piece of paper to draw the image of _____ that came up in your last session. Feel free to use any mediums or colors that feel right to you. Once completed, please answer the questions on the next page and forward a copy to triunitycoaching@gmail.com to be discussed at our next session.

