

# Caring

## The 5 C's of Thought Leadership Speaking

### **Exercise: Ideal Audience Member Sacred Getaway Visualization**

This is a two-part exercise and doesn't have to take long. However, you may choose to make it longer simply because it feels so good as you experience it. Feel free to let it go as long as you like. It's a lovely and very useful way to spend some concentrated time in service of your impact in the world.

You are going to visit with your Ideal Audience Member in your Sacred Getaway. Have your journal handy to make notes at the end. This is a visualization exercise so you will want to find a comfortable quiet place where you'll have some privacy for at least ten minutes, maybe more if you are enjoying it.

When you are sitting comfortably in your quiet place (doesn't matter how—chair, floor, cushion), close your eyes. Allow your body to relax completely, starting at your toes and moving all the way up your legs, hips, spine and belly, chest and back...then up your neck. Let your shoulders drop and your face soften.

In your mind's eye, imagine you are walking in a beautiful place. The air feels perfect, and the surroundings are lovely. You are peaceful and excited because you are going to finally sit and connect with your Ideal Audience Member. It's been a long time since you two have sat together in person, and you've actually never had the chance to sit together for this purpose.

The purpose of this meeting is to get intimately connected with them. And it's also to deeply listen to your own internal messages, too. This is an honest conversation between two caring humans looking to serve one another.

You are walking along peacefully and getting closer to the building where you will sit with your Ideal Audience Member. It is coming into view. You are feeling even more excited because this feels like the perfect place for your meeting. Notice what it looks like and how you feel. Just notice. That's all.

You walk up to the door, which is open a bit. You walk in and there your Ideal Audience Member sits, with a big smile on their face. Notice your surroundings. Just make a note. You realize this beautiful space was perfectly designed for the two of you.

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You walk over to your Ideal Audience Member and you give each other a warm hug. Then you sit down and begin talking. You catch up a little and then get to the heart of things. You ask them questions, and they ask you questions. You learn about each other, what they want and what you feel compelled to share with them. Your Ideal Audience Member shares with you what you are doing that is working so well for them—and also makes some suggestions. You ask them questions and make suggestions for them, too. It is a warm, caring exchange.

Stay in this conversation for as long as you like. Ask whatever you like. Listen to your Ideal Audience Member, and allow them to listen to you, too. Notice what you say to them. Notice what comes up in your body as you share with this person and listen to them.

When you are finished, give them a big thank you hug. Feel the genuine exchange of gratitude, going both ways. Then leave the space, walking back out the door you came in, and heading out the path that took you there earlier.

Open your eyes when you are ready and make notes in your journal about what you learned, especially about your heart connection with your Ideal Audience Member and the message. Did anything new come up? Any new shifts to the message or new ideas about your Ideal Audience Member? Note it all in your journal so that you can make the shifts that are necessary in your thought leadership that put you in the strongest alignment with your message and your Ideal Audience Member.