

# Your Internal Boardroom

A guided visualisation

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This exercise invites you to see your emotions not as problems to manage, but as advisors worth listening to. Set aside five minutes somewhere quiet.

## The visualisation

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Find a comfortable position. Close your eyes if you are able to, or soften your gaze.

Take a slow breath in and out. Let your shoulders drop.

Now imagine yourself walking into a boardroom. *Your* boardroom.

In the middle is a long table. Every chair is taken by one of your emotions. As you look around, notice who is sitting where. There is no right answer. Just notice.

Who is at the head of the table, taking up space, hard to ignore?

Who is slouched back, arms crossed, not wanting to speak?

Who is tapping their fingers, impatient to be heard?

Where have you placed yourself? Are you at the table or somewhere else entirely?

Notice the distance between you and each emotion. Who is close? Who is far away? Who have you put across the room from you?

They do not have to appear in human form. They might be a colour, an energy, an animal, something you feel in your body.

Now pick one: the one drawing your attention most right now.

If it could speak, what would it say? What is it warning you about, or encouraging you toward?

Sit with that for a moment. When you are ready, open your eyes.

*Draw what you saw if that helps, even a rough sketch of the table and where everyone was sitting.*

## Three questions to sit with

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1. Which emotions dominate your boardroom, and which ones are you ignoring?
2. What is the emotion you least want to hear from? What might it be trying to tell you?
3. How could your boardroom work *for* you rather than against you?

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**The answers are already in the room. This exercise helps you hear them.**