

VISUALIZATION

WHAT IS IT?

Visualization is the practice of imagining what you want to achieve in the future. As if it were true today. It involves using all five senses of sight, smell, touch, taste, and hearing. The process of visualizing directs your subconscious to be aware of the end goal you have in mind.

HOW DO YOU DO IT?

Visualization is important because it helps to prepare and to teach you how to respond to a situation before it happens. It also helps you achieve your goals by conditioning your brain to see, hear, and feel the success in your mind.

5 Steps for your Visualization Practice:

1. Write what you want in detail, Write your desired outcome as if it's true in the present day on an index card. Believe it! engaging all 5 senses. As you include more sensory images, your visions will improve in clarity and depth the more you do it. And you'll be more motivated to follow through to make the outcome happen.
2. Keep adding to the details until it feels as if you are living the experience.
3. Imagine the emotion attached to the outcome. The more you can feel what it'll be like to accomplish the goal, the more you'll believe it can be attained. And the more likely you'll be to act.
4. Take action every day toward your desired outcome. Accept that there will be setbacks. Close your eyes and imagine how you'll deal with the setbacks as they come and continue forward toward your goal.
5. Expand your knowledge. If more knowledge is required, research, talk to experts. Take a class. Use that knowledge to clarify your vision statement and the steps that you have to take to get there.

