

SUCCESS VISUALIZATION



CHECKLIST

What is Creative Visualization

- Technique using imagery to manifest wants and desires
- Converting your dreams to reality
 - Can make any dream come true with the power of your mind
 - A natural process to imprint a command
- How and why visualization works
 - Subconscious acknowledges repeated thoughts
 - Changes your mindset accordingly.
 - Changes your actions and habits
 - Thoughts are energy
 - Can alter the balance
 - Can alter the environment
- Why creative visualization is so powerful
 - Have manifesting power
 - Increases with repetition and concentration
 - Must have powerful emotions attached to the images
 - Others pick up unconsciously on your thoughts
 - Utilizes imagination to change reality
 - Aspects of visualization
 - Be specific
 - Listen to your instincts
 - Picture yourself in your vision
 - Take advantage of physical sensations
 - Enforce your visualization
 - Visualize daily
 - Be patient
 - Stay positive

How to Visualize

- Visualizing your goals
 - Visualize the desired result, activity, or event
- Fix your mindset
 - You need a positive mindset for this process to work
 - Must believe that the process will work
- It's Important to Slow Down

- The process only works if you are in the right mental state
 - Calm
 - Relaxed
 - Time to concentrate
 - No distractions
- Similar to meditation
- What it will take to achieve your goals
 - Visualize the skills needed
 - Visualize the steps needed to succeed
- Use Affirmations
- Refine your technique
 - Think long term
 - Think positively
 - Be realistic
 - Push beyond your comfort zone
 - Be the star
- Using visualization exercises

Techniques for Clearing Your Energy

- Mental blocks obstruct the flow of energy
 - Can take a toll on your mental state
 - Caused by suppressed emotions
 - Self-criticism
 - Guilt
 - Resentment
 - Fear
 - sadness
 - Impedes your progress
 - Must accept your current feelings
 - Identify the problem
 - Experience the emotions that are blocked
- Practice energy clearing exercises
 - Release
 - List of forgiveness

Creative Visualization and Meditation

- Start visualization sessions with meditation
 - Focus your mind
 - Relax your body
 - Use your imagination to visualize images and ideas
- General meditation techniques can help clear your mind
- Using meditation to enhance your creative visualization
 - Utilize simple meditation exercises
 - Breath meditation
 - Walking meditation
 - Heart chakra meditation
 - Mantra meditation

Mastering the Creative Visualization Process

- Must be clear and specific with what you want
- Make a note of every aspect of your goal
 - Be specific as possible
 - Include all your senses
- Practicing the technique
 - You should practice doing something you already do daily
 - Getting ready for work in the morning
- Manifesting your goal
 - Must get into a relaxed state
 - Concentrate on tightening and relaxing each muscle
 - Envision yourself from the third-person perspective
 - See yourself doing what you want to accomplish
 - Move to the first person point of view
 - Notice the sounds, sights, and emotions you are experiencing
 - Continue to practice until you've achieved your goals