

VISUALISATION

THE 5 MOST IMPORTANT STEPS

1

SET THE MOOD

Making sure you are relaxed and in a positive state of mind is vital. Once you're feeling relaxed, find a place where you won't be disturbed and make yourself comfortable. Try taking a quiet walk or find a quiet room to sit in with some instrumental music playing.

2

ENTER A MEDITATIVE STATE

Creative visualisation tends to be more meaningful if you take the time to do some meditative exercise before you begin. Try doing some slow, steady breathing exercises for a couple of minutes.

3

VISUALISE YOUR GOALS

Start crafting an image of your goal, making sure that you add in as much detail as possible. Make the environment as realistic as possible. Don't rush this stage.

If your goal is to get a major promotion, visualise yourself receiving the announcement and picture the positive reactions from your colleagues when they hear the news.

4

HOLD ONTO THE FEELINGS ASSOCIATED

Try and hold onto the feelings of happiness, confidence, excitement etc that you experience when you picture your goal. You are more likely to see your goals manifest in your life if you allow your visualisation experiences to influence your mood.

5

GO OUT, WORK HARD & ACHIEVE YOUR GOAL

By using and holding onto these feelings associated with your visualisation, you will substantially increase your chances of achieving your goals. Take every relevant opportunity you encounter to make concrete steps towards your goals.