

# Visualization Techniques for Success



Great athletes, leaders, and business executives have the habit of visualizing their success. Each of these techniques helps on your journey to success. Taken together they can be a powerful force.

- ❑ *Begin by breathing deeply.* Through your nose, into your belly with a full breath. Breathe out slowly through your mouth. Take at least three deep breaths this way to relax yourself.
- ❑ Think of something you would like to do well and begin to *get very specific* about it. Whether it's something you want in a short period of time, (i.e. a great meeting) or say five years from now (i.e. a new house). Imagine it as vividly as possible. All the sights, sounds, colors, feelings, people, environment...everything.
- ❑ Relax into this and don't rush it. Make it *like a movie* in your head. Pretend you are sitting down observing yourself in it. What are you doing? What are you saying? What are others doing? What are others saying? How does it look and feel? Remember to play that movie out to the end.
- ❑ Give your vision your *positive energy*. See yourself feeling fulfilled in this situation. Hear the praise of others. Feel how complete you are. Smile.
- ❑ Create affirmations for yourself that the vision has already come into fruition. For example, I love living in this house with a view of the water. Or, I love this job, I feel excited about going to work every day. Always make sure to *phrase your affirmations in the present*.
- ❑ You have to *believe it will come true*. Do not let the noise of others get in your way. Repeat your vision often and the belief in it will grow. So will the likelihood that you'll get it.
- ❑ *Do what you have to do and let go*. Leave the details up to the universe. Your vision, if you have desire and believe in it *will* come into fruition, just not exactly how you planned or when you planned. So have faith.
- ❑ *Write your vision down*. Rewrite your story over and over again until it becomes your reality. Known as "journaling," it is one of the most powerful processes available.
- ❑ Lastly, create what is known as a "vision board" where you put pictures and phrases that support your vision. The ideal house, car, relationship, health and so on. Put it in a place you walk by or stare at on a regular basis.

P.S. Also take a look at the Vision, Mission, Values and Goals Worksheet as well as the Visionaries Workbook.