

# Defining your Destination

## Instructions

## Visualization Exercise

Visualizing your goals is one of the most powerful things you can do to help you focus your mind on achieving it. The act of creating compelling and vivid pictures in your mind, when your mind is in a relaxed, meditative state may be the greatest success tool you possess because it accelerates the achievement of any goal in three important ways:

- It activates the creative powers of your subconscious mind
- It focuses your brain by programming it to notice and seek out available resources
- It magnetizes and attracts to you the people, resources and opportunities to achieve your goal

The process for visualizing for success is quite simple. Follow these steps:

**Step 1:** Spend some time creating a vision of your goal as already complete in vivid detail.

For example, if one of your objectives is to own a nice house, then see yourself living in the exact house you would like to own. Fill in all the details. What does the exterior look like? How is the garden set out? What does the sitting room look like? How does the kitchen look? How is it furnished? Go from room to room and fill in all the details.

Make the images as clear and bright as possible. Try to add sounds, smells, tastes and feeling to your pictures. What sounds would you be hearing, what smells would you be smelling, what tastes would you be tasting and - most importantly - what emotions would you be feeling if you had already achieved your goal?

**Step 2:** Include both real images of things from past successes and positive moments as well as imaginary images.

**Step 3:** Identify who will be with and around you as part of your vision

**Step 4:** Include testimonials or feedback that you will be hearing from others

**Step 5:** Include any words/targets that will help you to focus on as measurable aspects of the vision such as revenue, targets, qualifications etc

**Step 6:** Create powerful affirmations in the present tense - these are things that you need to believe about yourself for this to happen.

**Step 7:** Decide how you are going to manifest your vision. Here are some ideas:

- Create a hard copy vision board with pictures representing all the key elements
- Create a screensaver for your computer
- Create a mindmap
- Create a written form – write 2-3 paragraphs detailing your perfect vision

**Step 8:** Connect with your visualization on a daily basis – it is one of the most vital things you can do to make your dreams come true.