

# VISUALIZE

## Your Happiness



You totally can be living the **life of your dreams**. To many, this seems to be a pipe dream and they end up **giving up on bringing their visions into fruition**. Do you find yourself wondering **how you can bring your visions into reality, and how to start?**

**L**iving your life from a from a higher perspective means to honour the life that you choose to live by going outside of yourself and raising your consciousness. It's to go after your goals and to live with purpose.



You achieve this by visualization. Also called: mental imagery, goal visualization and future-self meditation. This form of co-creating gets you more motivated to fulfill your goals, places you in action each day, and uplifts your vibe. Goal-directed behaviour of this sort favours your success and attracts many opportunities to you as you begin to bring your visions into reality.

When you focus on images of the perceived outcome that you wish to obtain, you are training your brain to seek out real life experiences that are aligned with your internal desires.

### **GOAL VISUALIZATION**

By visualizing your goals you begin to focus on images that lead you to your desired outcomes. You gain clarity on the processes and what they entail; you begin to make concrete plans that will inch you closer to fulfilling your goals.

Through imaging, neuroscience research has revealed that viewing an actual object versus imagining an object activate the same areas of the brain. Therefore, it's no coincidence that visualization potentially

leads to goal-orientated behaviours and thoughts should be kept positive if you want to experience happy outcomes. Alternatively, anxiety and depression can further take over your mind space if you are constantly imagining negative outcomes. It's a good idea to get in the habit of focusing on your goals rather than to stress about undesirable outcomes. One way to do this is by outlining what happy looks like to you and what you wish to have in you life.

### **BENEFITS OF VISUALIZATION**

Visualization is all about believing that something can happen and then making it happen:

- **Problem solving** - 90% of the information that enters the brain is visual. Break down problems by creating images to reveal

# WHEN YOU ENVISION POSSIBILITIES, YOU INCREASE ITS POTENTIAL TO BECOME YOUR REALITY

connections and relationships. Work towards coming up with a solution.

- **Replacement of negative or stressful feelings** by focusing on positive outcomes. This can reduce anxiety.
- **Strengthens the mind-body connection.** By visualizing a kinaesthetic action (sports), you take steps in real life to achieve it.

## ***HOW VISUALIZATION WORKS***

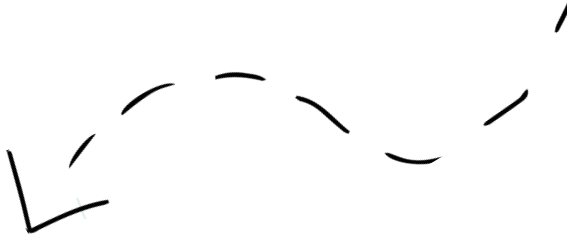
Visualization improves focus, increases motivation and relaxes you by activating your creative subconscious. Furthermore, it starts to program your mind with you envisioning the resources and action steps that is needed to achieve your vision. You then start to become more consciously aware and you begin to filter information that is purposeful to you.

## ***WHY YOU SHOULD VISUALIZE***

Aside from helping you achieve your big life goals and become more positive, visualization

- **Empowers** you to take control of your life. You gain more confidence, and you feel more accomplished. When you consistently visualize, you begin to further believe in yourself and you hold yourself up to higher standards.

- **You become better at tuning out negative situations** and you better prevent yourself from investing time into toxic relationships because you begin to attract more situations and people into yourself that are aligned with your future goals.
- **It gives you clarity** on what direction to take to fulfill your goals. Also, you are better able to conceptualize what you want for yourself versus what you don't want. Rather than focusing on the outcome, you focus on the processes and action steps to take.
- Although it's about envisioning your future self; **you are better able to stay in the present moment** because you realize it's what you do in the present moment that will carry you forward into your future.
- **It boosts your creativity.** You begin to imagine concepts, designs and potential inventions that be useful to people.
- **Your visions actually have potential to become reality.** When you become more consistent with visualizing your goals, you begin to set intentions which end up coming into fruition. You begin to have more faith in yourself and lead with your ambitions. In the process you become more successful, healthy and abundant.



**HAVE YOU BEEN TRYING TO VISUALIZE, BUT YOU KEEP HITTING ROAD BLOCKS? (IF YOU'RE EXPERIENCING THE FOLLOWING, YOU MAY JUST NEED TO IDENTIFY A VISUALIZATION TECHNIQUE THAT IS FIT FOR YOU)**

- Loss of focus
- Little or no time to visualize
- Have little direction of where to take your visions
- Too much mental stimulation
- Mind clutter
- Fixating on negative thoughts
- Need to better define your goal(s)
- You may not have a clear understanding of your purpose
- Not motivated to be consistent

**HERE ARE 10 VISUALIZATION TECHNIQUES THAT WILL TRANSFORM YOUR LIFE**

**#1 Future self journaling.** Perhaps, you may find it challenging to sit in a quiet place and keep your mind focused on your visions. Well, writing is just as effective. When you write, your brain takes in all the information. Post-date a journal entry and write down how you envision on living. How do you look? Feel?

**#2 Start-off with a guided meditation.** There are many free future-self meditations available on YouTube. Find on that you like and use it till you are able to develop your very own script.

**#3 Define your purpose and know your why.** What do you think your life purpose is? Why is it your purpose? When you are clear on your purpose and your why, you easily start seeing visions of where you aim to be.

**#4 Create a vision board.** Maybe you haven't quite gotten where you want to get to but others have. Find pictures of people that are living the life you are aiming to achieve and place it on your vision board. Also include affirmations, pictures of material objects you wish to have, causes you hope to be apart of and the level of well-being that you want to obtain.

**#5 Work backwards.** See yourself living your ideal lifestyle. Now work backwards from here. What small steps did you take to get there? Focus on the process and write them down.

**#6 Interact with people with similar visions as you.** This will pump you up to further visualize your future.

**#7 Become clear on the type of career that you want.** Go online and find someone you admire in the career that you wish to have. Crop a picture of your face on their body. Hey, you gotta see it to believe it!

**#8 Get creative.** Write a fairy tale with you being the hero. What is everything in your fairy tale a metaphor for in your actual life?

**#9 Use the lock screen on your smartphone** to display an ideal image of yourself. Or write a message reminding you of your goals.

**#10 Pay close attention of how you are living your current lifestyle.** Make small changes that are aligned with your future vision. When you begin to experience it, you are likely to further visualize it.