

HARNESSING THE POWER OF YOUR SUBCONSCIOUS MIND

# A BEGINNERS GUIDE TO VISUALIZATION

## Deciding Whether or Not a Vision Board Works for You

When people think of visualization, most people's first thought is a vision board. Vision boards have been a useful tool for decades, and can help to keep people on track in achieving their goals. However, a lot of people aren't aware that there are other ways that we can utilize visualization to work for us, and a vision board is only one possible step in the process to helping someone to achieve what they set out to do.

There is a little bit of a difference when we consider a vision board versus visualization. Visualization is a way for us to really get it in our minds that we are living the life that we want and deserve, and to help us to take on the law of attraction, which will provide us with an abundance of the things we want and care about. However, a vision board is a useful tool, but it is also something that has a distinct purpose that is a little bit different from a lot of the traditional concepts about the laws of attraction

That's not to say they can't be crucial in the process. However, some people may not find it helpful to have a vision board. They may prefer other techniques of visualization that help them to utilize the law of attraction. Rather than helping us to believe that we are living the life we want to live already and attracting more of the same, a vision board helps us to look at the life we want to live so that we will do everything in our power to make good choices in the moment that will help us to achieve our specific goals and dreams.

Vision boards are goal oriented. They help us to see the future that we want to have for ourselves and remind us to stay on track. Some people are already set when it comes to the goals they want to achieve. Some people may not like the added clutter in their office or the work it takes to cut and paste and create a visual collage in this manner. It doesn't have to be for everybody! Some people do need vision boards. If they have a hard time figuring out what they want out of life, or if they lack the motivation that they need to really get the ball rolling, vision boards can be great for these people.

But for others, who already have a firm grasp on the things they want to achieve and who are great and efficient with achieving their goals and staying organized, they might not need this type of a vision board. Other types of visualization might prove better. Mind mapping, meditations, and affirmations may work better for these kinds of people.

Visualization is effective and it can work for anybody! But all people are different and different methods of it will appeal to different people. Don't feel bad if you don't think a vision board is for you. Instead figure out what works and use it to your benefit so that you can change your life!

## How to use Visualization to Maximize Your Morning Potential

Mornings and routines can be very difficult for a lot of people. It is the most successful people who are able to master a rigid regime and really know how to manage their time efficiently. But the one thing so many people who live successfully can agree on is how important a good morning routine is. People who succeed are more prone to making healthy choices, not just for their bodies but for their minds as well. They get enough sleep, they wake up at roughly the same time every day, and they have a set list of things to do that help them to maintain their focus.

One of the things that could help you to include in a morning routine is a method of visualization. When we wake up, it can be very easy for us to slip into the discouraging or negative feelings that are more prone to haunt us when we are tired or still attempting to process the world and our lives. A very helpful way to combat that is to wake up and immediately set aside the time to visualize the way you want your day to go, the things you hope to accomplish. You could meditate, you could view your vision board, you could practice an affirmation, or you could simply close your eyes and tell yourself that your day is definitely going to go well and it is going to be a success.

When we do this, we are setting ourselves up for success. What we do in the morning can impact us for the rest of our day. If we wake up in a grumpy mood and we do nothing to intercept that and make a change, then every little thing that feels negative will feel worse and build up until you are fully miserable. None of us need that, and it is important that we make the effort to focus on our goals and to do everything in our power to make sure that we stay open to every opportunity that we may encounter along our day.

If we are stuck in a miserable mood because we haven't made that effort, then it is far more easy to overlook a good opportunity or to see the potential in something. When we feel negative and discouraged and overwhelmed, then that is what we are putting our energy into. We are inflating the problems and not seeking out solutions or the things that will help us feel better so that we can succeed.

Instead of staying stuck in this cycle, utilize your power to visualize yourself having a productive day that is full of possibilities. That way, when an opportunity knocks, you will be first in line to answer it!

## To Do or Not To Do?: Does a To-Do List Help or Hinder Visualization?

Many people will swear by their to-do lists. They can be a helpful tool in keeping track of your daily goals and responsibilities. If you have a difficult time staying motivated and keeping yourself on track, a to-do list can definitely help you. However, there is a point where writing out your to-do list might actually be more hurtful than helpful.

People who are motivated to succeed and are focused on making great life changes that will impact their futures can often get caught up in details. It can be exhausting to write out every single thing that you want to accomplish, and writing out every single step that you think you need to take in order to get to the point that you want to be at. There are some cases where these very detailed and elaborate lists can actually become discouraging. Not only does it seem overwhelming to see every single step to take laid out right before your eyes, but it can be physically stressful to try and comprehend everything that you're going to have to do in order to become the person you are visualizing.

Unfortunately, when we become overwhelmed, either mentally or physically or emotionally, it can actually cause us to freeze up and feel like no matter how much work we put into something, the progress we make will not be enough. We stop giving ourselves credit for the work that we've done and can sometimes overlook these things and maybe even give up on the important steps we need to take altogether. This is obviously dangerous, and overloading our minds in this way can cause us to lose progress rather than make progress.

General to-do lists are fine. But obsessing over every single detail is dangerous. It can not only be discouraging, but it can cause us to close our minds to opportunities that may present themselves to us because they don't fit in to the plan that we have made for ourselves. It's great to write goals out and keep ourselves focused on achieving those goals, but it can really deplete our energy to try and stay fixated on every single specific step that we need to take to get where we need to be.

Overall, visualization does work, but it has many possible ways that it can manifest in your life and work for you. If you are fixated on staying completely in control, you may completely miss out on the law of attraction and cause yourself to take a step back rather than a step forward. So, depending on how you use them, you can either use a to-do list to help yourself stay on top of general daily goals, or you can get rid of them entirely so you stay open to any opportunity that might come your way!

## If at First You Don't Succeed... Keep Visualizing

It can sometimes be discouraging to know exactly where you want to be, only to find yourself in the position of being unable to succeed in the timeframe or in the ways that you hope to. However, it shouldn't be as discouraging as many people find it to be. It can take several times of trying to meet a goal before we are as successful as we'd like to be. But that doesn't mean that we should stop trying. The only way we will surely fail is if we completely give up on the goal we have in mind.

When we don't get what we want in the way we want it, it is an indication that we must do everything we can to look back on the strategies that we were using so that we can identify the weaknesses in those plans and our own limitations. It is important to be honest with ourselves about the ways we are unable to perform or the ways we are lacking, because it can give us an area to focus upon for improvement.

Visualization is an incredibly effective tool, but there is no guarantee that it is going to work immediately. We have to move forward with wisdom and caution to make sure that we are doing things in the ways that are most organic to our lives. To benefit from the laws of attraction, we have to believe that we will succeed, even if we fail. It will help us to tap into the power to continue trying and to stay the course, which is the hardest part about achieving any goal.

Even if it takes more attempts than you originally thought it would, that doesn't mean that your goal is impossible. If anything, maybe it is an indication that you need to try to rethink your approach and figure out where the weaknesses in your plans or actions may be. It is important to remain diligent in your efforts, otherwise you can talk yourself out of believing that success is possible.

Keep in mind that many successful people, including writers, actors, and entrepreneurs, have had multiple setbacks on their way to success. But the thing they have in common is that they never stopped trying and didn't halt their efforts. It was important for them to remain focused and to continue working on the path toward the goals that they had set for themselves. Eventually, the life they had visualized came into fruition and they were able to succeed.

So, if it seems like things aren't going right, don't assume that it's because you are not capable of or worthy of the realization of your goals. Instead, take it as a sign to reevaluate your progress and your methods and keep on going! You will only fail if you quit, so keep on working and you will be able to achieve the life you want!



# The Beginner's Guide to Visualization

## - Cheat Sheet

What is visualization and how can it benefit our lives?

- Overcoming our reservations
- Using methods to show our minds pictures of our desired results
- A technique successful athletes have used to enhance performance

How does Visualization work?

- It uses the same idea of memory and imagination to affect changes in our bodies and lives
- Shows the mind a picture of a desired goal to enhance focus
- Grants us belief and motivation to succeed
- Allows our subconscious minds to work on solving problems and revealing opportunities to us

Examples of Visualization throughout history

- Cave paintings
- Communication and language; ancient Egyptians and Chinese calligraphy
- Geometry
- Successful soviet athletes who visualized enhancements in their performance

Preparing yourself for effective visualization

- Removing negativity bias
- Interrupting negative thoughts and remapping your neural pathways
- Removing negative situations and people from your life

The vision board technique

- Use a bulletin board or a piece of poster board
- Find images that represent your goals
- Focus on how you would like to feel

## Utilizing affirmations to achieve visualization results

- Determine affirmations that will give you confidence in yourself and motivation in your goals
- Repeat these affirmations in the morning when you are starting your routine
- Affirmations can be repeated several times daily in a peaceful environment

## Writing Down Your Goals for Effective Visualization

- Think about the goals you want to achieve
- Write them all out
- Avoid going into detailed and stressful to do lists that could discourage you

## Visualize getting the results you most want

- Believe in yourself
- Believe in your goals
- Believe success is inevitable