

See what you want, get what you see

Visualization is one of the most effective tools that can help you accelerate your success. Unfortunately, visualization was not taught in schools, and while many people have heard about it, they were not really taught how to do it. Visualization is one more step in our system for success and one more tool to accelerate the achievement of your goals.

If you want to achieve a certain goal but your self-image is a version of the old you, that self-image is going to override the new behavior, the action steps you need to take to reach that goal. That's where the power of visualization comes in. You want to visualize that new image of yourself and where you are headed as if the goal is already achieved. It's all part of the acting As-If. Those images create an inner alignment of what you want. If you don't create the new picture, working really hard doesn't work because when you go out and try the new behavior it's going to be awkward - that old self-image is really strong. Visualization helps consistently change the image so that you are moving into the new image rather than letting the old image dominate you.

Even if the intention is there, the old self-image is really strong. Make a commitment to change your self-image now to achieve a wild new set of different results. Research is good, but experience is more powerful. Your brain cannot tell the difference between what is real and what is imagined, which is why it is so important for to practice daily affirmations and visualization.

These are all simple habits you have to establish. We have worked on your goals, then we discussed affirmations, now you are ready for visualization. When you simply read an affirmation, you want to then create the picture in your mind.

Visualization greatly accelerates the achievement of any success in three profound ways:

1. It activates the creative powers of your subconscious mind.
2. It focuses your brain by programming its Reticular Activating System (RAS) to notice available resources that were always there but were previously unnoticed.
3. It magnetizes and attracts you to the people, resources, and opportunities you need to achieve your goal. It is the most underutilized success tool you possess.

The more you visualize, the more effective you will become. The process of visualizing is really simple. All you have to do is close your eyes and see your goals as already complete. The important psychological premise in effect here is that all images or mental pictures tend to produce corresponding physical conditions and reactions. Every image or picture you hold in your mind will create a physical reaction in your body and will thereby affect your experience and your behavior.