

# POWER OF VISUALIZATION

*How To Manifest With More Clarity*



**CHECKLIST**

# Power of Visualization Checklist

Athletes have always known that a crucial key to achieving a goal is to picture it in your mind and work towards achieving it. Due to this understanding, Olympic-standard athletes often work with sports psychologists to help them position their minds correctly to emerge victoriously. This shows the importance of visualization in helping people achieve their dreams. You might not be an athlete, but you can still leverage this practice to accomplish your targets.

# Chapter 1: What is Visualization?

Visualization is gaining more popularity by the day. As expected, many people have wrong views about it, thereby relegating it to a modern-day hype. So, it's crucial to understand what visualization is by knowing what it isn't. Below are some common myths of this concept:

- ❑ **Visualization is wishing and hoping something happens.** Rather, it's a detailed mental image of what you want to achieve and how to go about it.
- ❑ **Visualization isn't scientific.** However, there are many studies that have proven that visualization works.
- ❑ **Visualization is for lazy dreamers.** If your list of lazy dreamers includes Will Smith and Oprah Winfrey, then you are right.
- ❑ **Visualization only works for long-term targets.** This is far from the truth. In fact, it works more for short-term goals.

# Chapter 2: Does Visualization Really Work?

Many skeptics wonder if visualization works because of their simplistic view of the concept. However, there is much solid evidence from scientific studies that prove that creating images in your mind can fuel your ambition and help you to reach your destination. Here they are:

- Visualization stimulates the mental cortex of the brain, driving the other parts of the body to make your imaginations a reality.
- Mental practices are as effective as physical ones, according to research.
- Evidence from virtual workouts shows that thinking about an event can cause physical changes in the body.
- Evidence from stroke patients shows that imagination can keep a part of the brain alive even when some parts of the body are paralyzed.

# Chapter 3: How Visualization Affects the Brain

Visualization affects the brain in interesting ways that explain its effectiveness. Below are some ways imaginations affects the brain, thereby stimulating us to action to achieve our dreams.

- The brain thinks in images, thereby resonating with visualization.
- The brain cannot distinguish between imagination and reality, thereby making your thoughts look real sometimes.
- Visualization makes the Reticular Activating System help you focus more on your consistent thoughts.
- The RAS filters the information you're exposed to by giving priority to the ones that will keep you safe and the ones that pique your interest.

## Chapter 4: Perks of Visualization

People won't be practicing visualization if it doesn't affect them positively. Below are some of the common benefits of using imageries to propel your ambition:

- Stress reduction due to having a sense of purpose
- Harmony with yourself due to increase in self-worth
- Clarity in your approach to life
- Mastery of new skills
- Enhanced motivation
- Generation of creative ideas
- Improved performance

# Chapter 5: Common Inhibitions of the Power of Visualization

Many people don't get the desired result from visualization because they are doing it the wrong way. Below are some practices that hinder your effectiveness in using imaginations to fuel your dreams:

- Setting ambiguous goals
- Inability to discern the peculiarities involved in setting long and short-term goals
- Pessimism
- Lack of ambition
- Low commitment
- Lack of training
- Inactivity
- Lack of perseverance

## Chapter 6: Visualization Techniques

There are various ways of practicing visualization that can help you achieve the desired result. Here are some of the best visualization techniques that can help you accomplish your goals:

- Mental rehearsal, which involves creating mental pictures of where you want to be and how you will get there
- Triggered visuals, which involves exposing yourself to triggers that will drive you towards meeting your target
- Issue yourself a check to achieve a monetary target
- Leverage vision boards to make your dreams tangible
- Make your goals physical with a notecard
- Turn your wants into beliefs
- Locate your happy place
- Rehearse challenging situations
- Plan for multiple outcomes
- Choose a role model
- Wade off negative emotions



# Chapter 7: How to Use the Power of Visualization to Achieve your Dreams

Apart from the techniques, you can also have a step-by-step approach to visualization. Follow the steps below to move from the realm of imaginations to reality:

- Choose a Smart goal
- Envision it in detail
- Employ all your senses
- Be a storyteller
- Be flexible
- Identify inner obstacles
- Identify external obstacles
- Implement intentions

# Chapter 8: Habits that Optimize Visualization Power

It's not good enough to know how to practice visualization. It's also crucial to understand how to optimize visualization power. Here are some habits that can enhance your practice of using imageries to stimulate yourself to make your dream a reality:

- Living in the moment
- Expectation of positive results
- Positive affirmations
- Practice gratitude
- Be realistic with your expectations
- Be contented
- Be proactive