

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