



HAVASS
Academy & Coaching

DAY 13

“Everything you can imagine is real” - Pablo Picasso

You may think we done everything to do with goals; you are right, we have done a lot together... After that, there is only one thing left to do; to keep our excitement and continuing the journey without extinguishing the flaming fire inside us. Because if the fire extinguishes and you forget why you started, just like I said before, it is possible that you are asking "Why am I here?" and quit halfway through the road. That's why we'll learn amazing exercises that will keep the fire burning inside you and help you on your way to your goals! Here is the first of them; vision exercise!

How could Roger Bannister -who run a mile in 4 minutes- astonished the world who believed that running a mile in 4 minutes was physically impossible?

Not only by working physically, but also by imagining it over and over in his mind. By enacting the moment he achieved, over and over again in his mind. By convincing every particle of his existence that it is possible!

Visioning is visualizing what we desire to happen in our minds as if it happened.

Now I want you to imagine a lemon. You cut this sour lemon with a knife, squeezed the lemon... I know very well, if you have dreamed enough, you will get a watery mouth. However, there is actually no lemon or water. This is where the power of vision comes from.

Before it happens, just by imagining, our bodies can react as if they were happened. The brain cannot distinguish imagination and reality. Whichever areas of our brain are activates when we actually do something, the same regions are activates when we imagine we are doing it. That's why, on this beautiful path to the goal, visioning exercise is a great exercise that will ignite your desire and make your work easier!

Are you ready for a journey?

Find an environment where you won't be disturbed. Take three deep breaths. Put your body in a comfortable position. When you're ready, close your eyes. Imagine that you have achieved your goal. How do you feel? Are you proud? Are you happy? Are your hands sweating with excitement? What kind of clothes are you wearing? What's on your mind? Who are you with? Who are you hugging? Feel that warmth when you hug. Who is congratulating you? Hear with your ears. What kind of weather is there? Is it hot? Is it cold? Is there a smell coming to your nose? Concentrate all your senses in your vision.

From now on, give yourself this 5-10 minutes exercise.

Reminder: We recommend that you focus on only one goal in each exercise.



Tasks:

- How would you like to incorporate the visioning exercise into your daily routine?

There is a page in your study agenda where you can write down your experiences as you do the exercise, don't forget to check it out.



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