

## Day Three: Visualizing



**Write down three outcomes or results you'd like manifest in your life and spend one minute visualizing each one in your mind.**

A key part of manifesting the life of your dreams is that you need to “pre-experience” the things that you want.

As I've mentioned before Olympic athletes often visualize themselves performing a perfect ski jump, or 400-meter butterfly race, or floor routine. Olympian Emily Cook says: “You have to smell it. You have to hear it. You have to feel it, everything.”

Now you get to try it for yourself.

You can do this with anything: more income, a home, a partner in love, greater success and recognition in your career, a new job, a better situation in your current job, a raise, greater income in your business, a better relationship with your friend or partner or family member.

If you are visualizing weighing a certain weight, for example, imagine everything you can about how you look and feel and move at the new weight. “I'll be wearing a crisp, soft white shirt tucked into my boyfriend jeans, which are loose at my waist. When I look in the mirror, I feel so happy and proud, and so “me.” I am beautiful and healthy. I feel fit, firm, flexible and strong. My friends comment that I look great and ask me how I did it. I'm eating beautiful, colorful, plant-based food. I can taste the fresh tomato and cucumber salad with my lunch and the sweet watermelon.” Go on and on, make it a game, like play-acting when you were a kid.

### TODAY'S PRACTICE

What are you visualizing today?

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