

How to Visualize

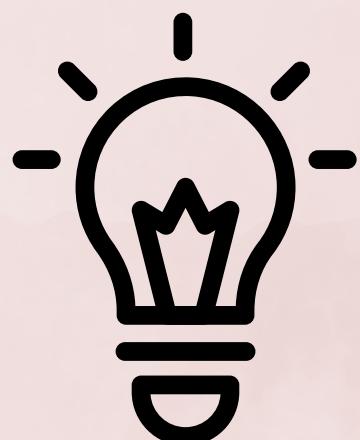
A simple guide to help you
achieve your results faster
through Visualization



Five tips on how to Visualize

These five tips will help you visualize and achieve your goals faster.

Sometimes people say that they can't visualize, but there are ways to make it happen, even if you can't "see" the final result in your mind.



What is Visualization?

Visualization is the routine of imagining what you want to achieve as if it has already happened and is already happening.

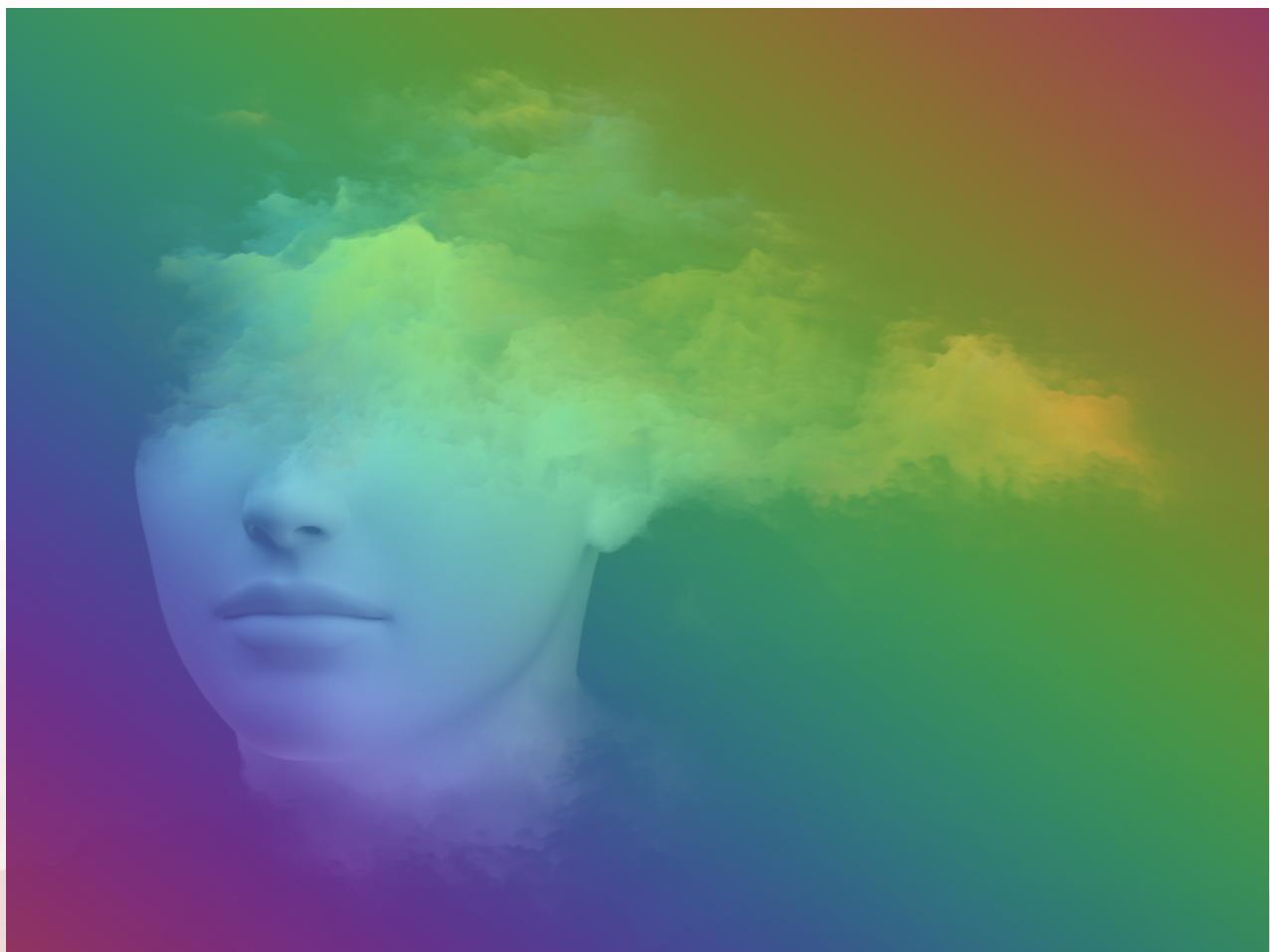
It involves using all five senses, so you direct your subconscious to be aware of the end goal you have in mind, thus achieving your results faster and more consistently.

It trains your brain to understand that the result or goal is real now.

As your brain understands it as if it is true, it sends a message to the Universe, so to align your visualizations to what's happening in your surroundings, it aligns your thoughts with your reality, making things happen.

Here are five proven techniques for this.

1- In your mind



1- In your mind

This is the most common way of visualizing. Just close your eyes, and imagine in full detail what you want, as if it already happened.

But, not only that.

Feel it, sense it, smell it, feel the happiness of having what you want, and feel how you want to feel, doing what you want because you already have what you want.

Pretend that you're already there.

Do you know the saying, "fake it till you make it?".

That's the idea.

Your brain doesn't recognize reality from mind constructions, so it will assume that this is true and that the Universe must adapt to confirm what you visualize as accurate.

1- In your mind

Example 1 - you're looking for a good job.

Close your eyes, and imagine your daily routine in this new work.

You wake up motivated, happy that you have the best job you can.

You go to your job, walk through the door, say "hi" to all your happy and friendly co-workers, sit on your desk (or do whatever you imagine that you want to do), and have a good day at work.

Then you stop for lunch and go check your bank balance, visualizing that the huge salary you have is in your account, making you even happier.

At the end of the day you go home happy, meet your family, have a good night and go to sleep knowing that the next day will be as fulfilling as this was.

1- In your mind

Example 2 - you're looking for a relationship.

Close your eyes, and imagine your daily routine in this new relationship.

You wake up motivated, happy that you have an amazing partner that understands you, is supportive, fun, intelligent, inspiring and all the good traits a partner must have.

You interact with this person in the most loving way, talk to them, have a good laugh, share your problems with them fully understanding you, have a normal happy couple's life.

There's lots of love between you, the sexual life is active, you go out for dinner, have a good relation with both families, there's a marriage or a fixed relation.

At the end of the day you go home happy, meet your family, have a good night and go to sleep knowing that the next day will be as fulfilling as this was.

1- In your mind

Example 3 - you're looking for money.

Close your eyes, and imagine your daily routine as a millionaire.

You wake up motivated, happy that you don't have to worry about money, since everything in your life is paid for, you don't have any debts and you can do whatever you want to do, since you have enough money for it.

You interact with people in the most loving way, talk to them, have a good laugh, go on with your day not worrying about money issues, and you can buy whatever you wish.

You bought a house! Or you bought that car that you've always wanted.

Or maybe you're travelling first class around the World.

Limitless possibilities for a happy life. You open your wallet and there it is, the money you need for the day.

You open your bank account and there's enough money for you to live your life without worries.

1- In your mind

IMPORTANT!

As you're visualizing, it is crucial that you make it in **First-person**.

Meaning that you don't see yourself doing things from a distance but as if you're actually inside your body, seeing with your own eyes, feeling with your skin and smelling things with your nose.

Feel the perfume of your partner. How is it?
Sweet? Strong? Light?

Feel the money in your hands.

Take a look at your organized desk at your job.
As if you're there, walking through places and interacting with people.

Doing this can trick your brain into thinking and understanding that this is the reality now.

And that's important!

2- Vision Board



2- Vision Board

This is the best one for people that say that they can't visualize in their minds.

The idea here is to create a board where you put everything you want in your life.

Everything. And write motivational phrases about them.

You can print a picture of you to add on top of what you want, like in this example:

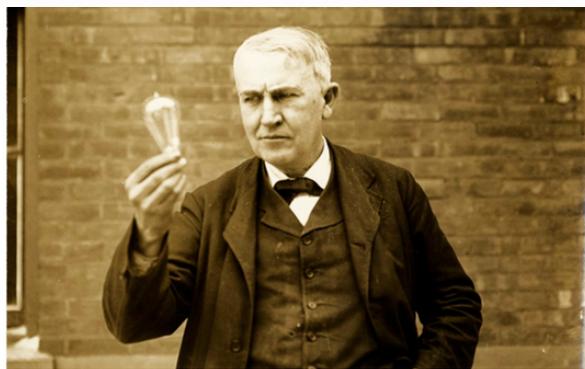
I finally made it to New York!



2- Vision Board

The idea is to visualise in pictures what you want to achieve in your life.

Check this example of an inspirational quote that I use for my Vision Board (which I check every day right after waking up):



THOMAS A. EDISON

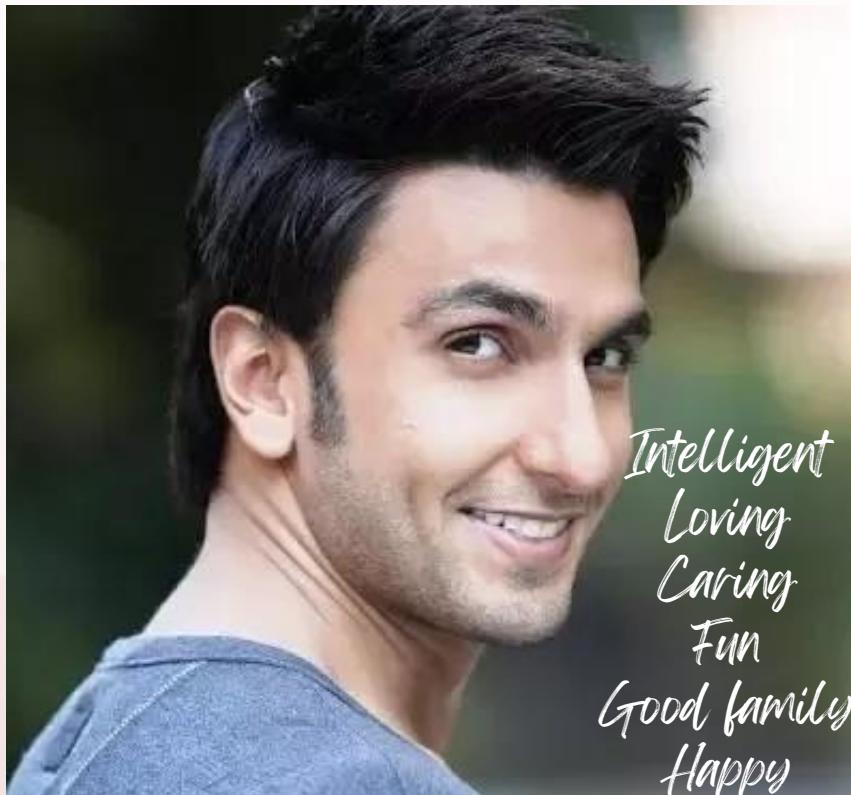
**"MANY OF LIFE'S FAILURES ARE PEOPLE
WHO DID NOT REALIZE HOW CLOSE THEY
WERE TO SUCCESS WHEN THEY GAVE
UP."**

This gives me the strength to go ahead with my plans, even if sometimes things are falling apart.

2- Vision Board

Another example.

If you're looking for a relationship, try putting a famous actress or actor that resembles the person you're looking for. And add on top of it all the good traits this person must have.



This creates a connection to the kind of person you're wishing, and your brain and the Universe start seeking for confirmation.

2- Vision Board

And another example.

If you're looking for a job, find a picture of what you do, add your face to it and add some motivational phrase on top of it.

My team and I, celebrating!



This creates a connection to the kind of job you wish, and your brain and the Universe start seeking confirmation.

2- Vision Board

And a final example.

If you're looking for money, find a picture of money, add your face to it and add some motivational phrase on top of it.



This creates a connection to the money you wish, and your brain and the Universe start seeking confirmation.

2- Vision Board

It is good to print, cut, and hang on walls.
Find a special place in your room (maybe inside
your closet), and start doing this!



You can add as many things you wish for,
there's no limit!

2- Vision Board

Here are some good websites with free images you can download and use:

www.pexels.com

www.pixabay.com

www.unsplash.com



3- Journaling



3- Journaling

Yes, write down what you want.

You can find a quiet spot at a quiet time (preferably right after waking up or before bed) and start writing what you want.

Could you do this daily?

And repeat this every day until you start believing in it.

You can write affirmations, personal goals, and motivational phrases; the sky is the limit!

There are some specific techniques...

3- Journaling

Just write in the present tense.

Write "I am a millionaire" instead of "I want to be a millionaire".

Write only with positive words.

Write "I am loved by a wonderful person that loves me, and I am happily satisfied with this" instead of "I need a love, but I don't want a bad person to enter my life".

Be as thorough as you can.

Write, "I have a good job that pays me well, and I work with loving and supportive people that help me all the way. My bosses are great and I still have time to do my personal things at the end of the day" instead of "I desperately need a job to pay my bills!"

Think of the things you're writing as if they're already happening and you're feeling great about them!

3- Journaling

Do the 3-6-9 technique.

In the morning write your affirmation three times in a row.

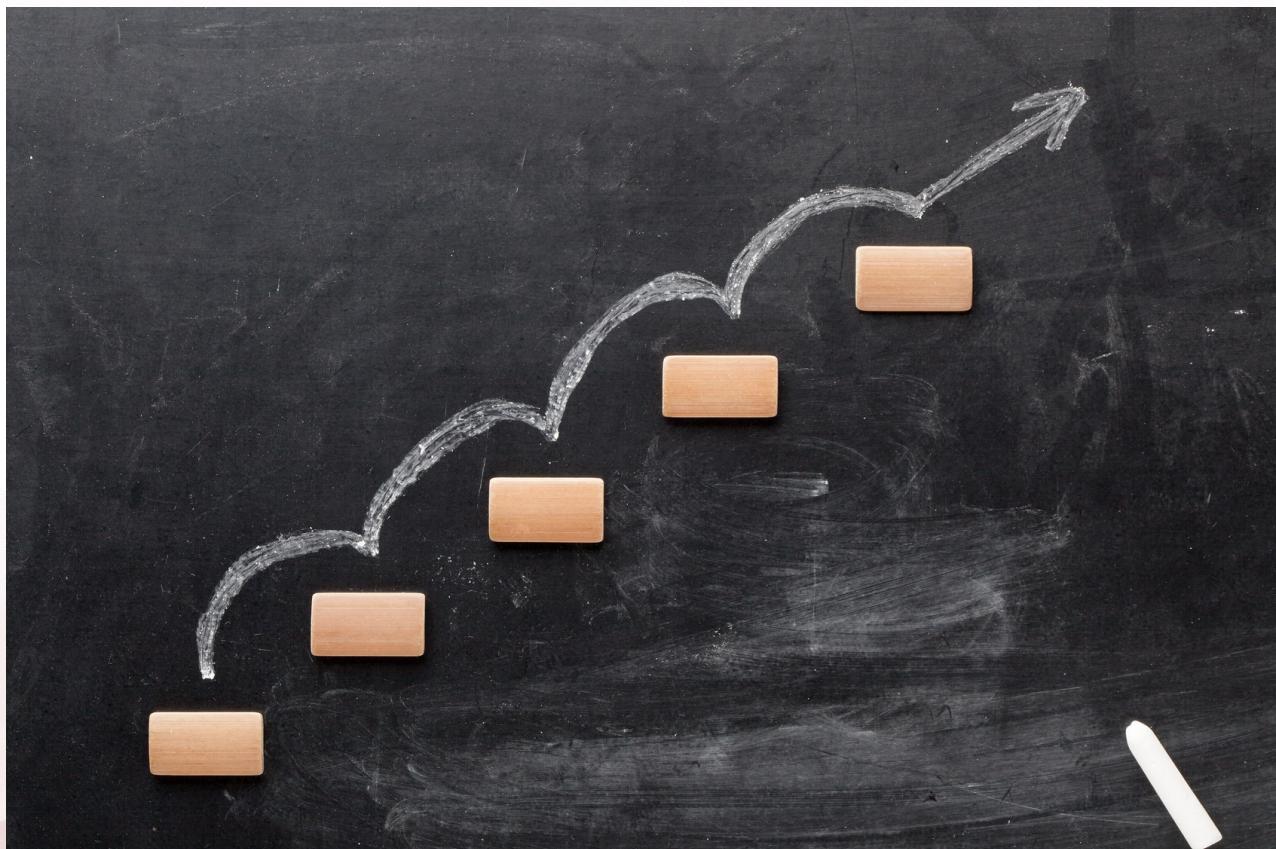
After lunch, write it six times.

At the end of the day write it nine times.

Repeat this daily.

3 6 9

4- Action Steps



4- Action Steps

If you want something, you must work for it.

You must make an effort in the right direction to make things happen.

So, action steps are good to put you on the right path, and know what to do to achieve your goals.

Think of it as a plan, where you outline and detail everything you need to get what you want.

And this works with every other technique I've mentioned before.

4- Action Steps

For example - Finding Love.

Step 1 - I feel good about myself.

Step 2 - I am happy with myself

Step 3 - Good friends can introduce me to interesting people.

Step 4 - I am willing to go out, and I am open to new relationships.

Step 5 - I control my life and have a good sense of when a person is the right one for me.

Step 6 - I am friendly and happy when I am with other people.

Step 7 - I like being in the company of loving people.

Step 8 - I am open to love.

And so on... think of all the steps and necessary things to do to get a soulmate.

4- Action Steps

For example - Finding a Job.

Step 1 - I am a skilled professional.

Step 2 - I am happy with myself.

Step 3 - I am ready to accept a new job.

Step 4 - I am confident that I know what I need to do to get this dream job.

Step 5 - I control my life and have a good sense of when a job is the right one for me.

Step 6 - I am friendly and happy when I am with other people.

Step 7 - I like what I do and people support me all the way.

And so on... think of all the steps and necessary things to do to get a dream job.

4- Action Steps

You can also write down (or put in a Vision Board) what you need to get what you want.

Example - Relationship.

1-cut my hair / 2-dress up / 3-have more self love / 4-smile / 5- go out more / 6-talk to people.

Example - Job.

1-finish that course that will elevate my skills / 2-network with people from other companies / 3-send my CV to the company I want to work in / 4-be ready to accept a job interview that will come at the right time.

Example - Money

1-cut unnecessary expenses / 2-start saving 10% of what I get as an income / 3-understand more about savings account / 4-believe that I am open to receive large sums of money.

5- And the most
important one!



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After you do any of these Visualization techniques, go on with your day.

Please don't obsess about it.

I encourage you to stop thinking about it.

This is the "Letting Go" part, where you send to the Universe what you want, and now you're waiting for the alignment to start happening.

Live your life knowing that the Universe will bring what you need at the right time.

There's a saying from **Reinhold Niebuhr**, a Lutheran theologian that lived from 1892 to 1971 that says:

5- And the most important one!

Grant me the **serenity** to
accept the things I cannot
change,

The **courage** to change the
things I can,

And the **wisdom** to know
the difference.

Thank you!



<https://www.youtube.com/c/GrabovoNumbersSwitchwords>