

Creative Visualization



Set a Goal

Set a clear goal then, in your visualization, act as if it has been achieved.
But be realistic. Imagine problems and imagine correcting them.



Relax and Focus

Be calm, relaxed, focused on your breath. If any part of your body is tense, tense it further, then release.
Practice visualizing 3-5 times a week.
Try to increase your time to 20 minutes.

Creative visualization is nothing more than using your imagination, feelings, and all of your senses to mentally rehearse something you would like to create in your life.



Use All Senses

The term 'visualization' isn't really accurate. Use all of your senses and see which ones are most vivid for you.
The more complete and lifelike your visualization, the better the results.



Be Positive

Focus on what you want, not what you don't want - i.e., see the tight abs, not the roll of fat!
The stronger the positive emotions, the better the visualization will be.

