

How to Harness the Power of Visualization



When we think about our life's ambitions, we often dwell on the obstacles that will surely arise along the way to fulfilling them. Positive visualization changes our tendency to make these obstacles insurmountable in our minds by envisioning the specifics of success and making your positive vision stronger than anything that can set you back.

Visualization rests on the principle of positive focus. With all the noise that surfaces during your daily life, you need to be able to focus on the most important aspects of your work and break things down into manageable tasks to get things done. The same concept applies to achieving your dreams. By finding the answers to questions like "What will it take?" and "How can I handle the obstacles?" your dream becomes actionable.

Once you've dis-empowered your doubts, spend time vividly picturing yourself achieving your goal with as many details as possible. For example, spend time thinking about a presentation you may be giving soon. Imagine your setup, the expressions of your audience, your posture, any questions that may arise, and, crucially, a positive response. Write down everything you've envisioned. When it comes to the actual event, you'll experience a feeling of familiarity, thereby boosting confidence.

Try to get into the habit of visualizing yourself flourishing in all facets of your life. Once you begin to feel your visualized triumph as if it were real, you'll cross the threshold that leads to action and make every day a success.