



Visualization

What is it?

Visualization, or mental imagery, is the practice of picturing your goals and successes already complete in your mind in order to help yourself achieve that picture.

How does it work?

When you picture your desired outcome you create a mental conflict between what you visualize and reality. Your subconscious begins to resolve that conflict by increasing your motivation and creativity, as well as using your Reticular Activating System (RAS). Your RAS is the filter that chooses what stimuli in the world you notice. Your subconscious programs your RAS to pay attention to solutions and opportunities that help you achieve your goal and resolves the mental conflict you've created by visualizing your future success.

How can I use it?

- Close your eyes and picture yourself achieving your goal. Be as detailed as you can. Try to use all of your senses. What will you be hearing, smelling, seeing, wearing, and feeling when you are successful?
- Process visualization is visualizing each step towards success. Picture yourself doing the work necessary to reach your goal in detail.
- Visualize as if you are the star of the show. See it from your own eyes, not like you are just watching a movie of yourself succeeding.
- Write down each goal you have on an index card. Thumb through the cards once a day and take a few moments to close your eyes and visualize yourself being successful in each one.
- If you are preparing for a difficult event, such as a presentation, the birth of a child, or an emergency at work, visualize yourself doing everything as you hope you would. Also visualize how you will react if there is a setback or something doesn't go perfectly as planned.
- Write down your visualization or illustrate it in a picture to further focus your mind on your desired outcome.
- Have a supporting affirmation that you say as you finish your visualization, like "I am physically fit and able to pass my APFT easily."
- Remember, if you can picture yourself doing something in your mind, you can improve your chances in real life.