

9 Guidelines (not rules or laws) for Creative Visualization

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These guidelines are expanded upon in the project workbook.

- 1 *One time a day is all that's necessary.* You don't need to do it anymore. You can take weekends off.
- 2 *No longer than 5 or 10 minutes at a time.* Use a timer. If you try to visualize longer, you'll invariably begin daydreaming and then getting angry with yourself for losing your focus.
- 3 *Ritualize it.* Make a daily routine out of it, like you do for brushing your teeth.
- 4 *Imagine every conceivable detail.* Sights, sounds, colors, textures, aromas. Make it as vivid as possible in your mind.
- 5 *Feel it.* Throughout each session, get into a space of joy. Fake it if you have to, and you probably will.
- 6 *Script it in advance.* Just a minute or so before you begin, decide upon a scenario you'll imagine moving through. Decide where you'll be, who with, doing what, when, where, why, etc.
- 7 *Put yourself in the picture.* Imagine yourself inside each image, experiencing all the details you're visualizing, seen from your eyes, heard from your ears, felt in your heart.
- 8 *Dwell from the end result or beyond.* Do not visualize HOW your dream came true. Imagine it *already* has!
- 9 *Get physical when visualizing.* Yell, shout, wave your hands, pump your fists, happy dance, get physical and you will ramp up serious emotion!