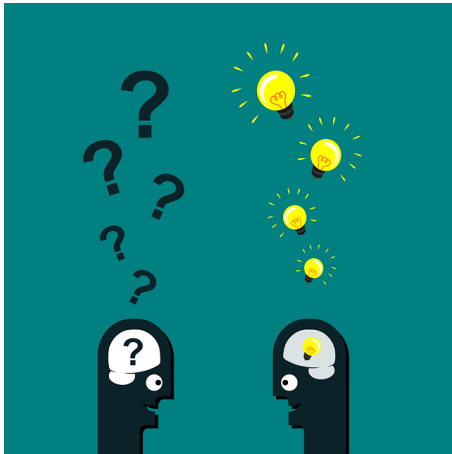




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## Visualize the Process

Do you know that you have a great power which many people never tap? Great leaders do this. People who are now in peak performance use this technique. It is very powerful activity is called "visualization."

The daily routine of visualizing the goals and dreams that you have in life helps you achieving those dreams, ambitions and goals faster. Why does this work? How does this happen? Let's take a moment to review:

Seeing your goals in your "mind' eye" activates your subconscious. This helps produce creative ideas and different ways of achieving our goal.

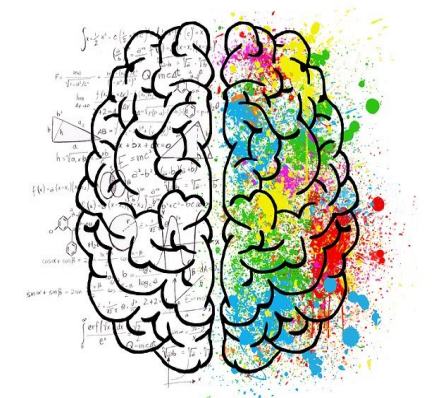
Visualization helps program your mind and brain. You begin to see your completed accomplished, the end state and the steps and resources you needed to get there.

It actives the "law of attraction" and helps you visualize the people and resources that you need to achieve your goal.

When you see your goal accomplished it provides the energy and internal motivation to move forward.

## Visualization is a Mental Exercise

Visualization is easy. It is not a "touchy feely" thing that requires candles and incense. It is a mental exercise you do in your head. You can do it with your eyes open or closed. You can do it at your desk, while taking a walk or anywhere or anytime you have a few minutes of uninterrupted time. Personally, I like to have a pen and paper handy to capture any great ideas and insights that emerge. (FYI – The process of capturing random thoughts and ideas on paper is called Mind Mapping. If you are interested in a How-To Mind Map article, templates and a list of websites that offer some cool ways to capture ideas [click here](#)).



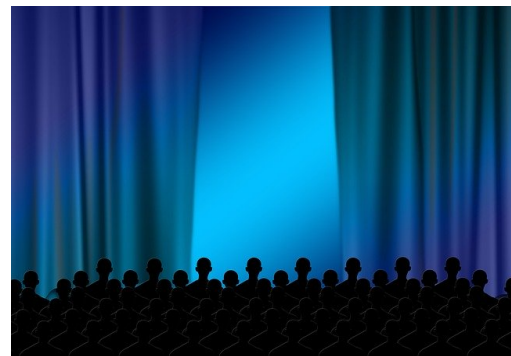
## Mental Rehearsal Visualization Technique

One visualization process technique that is really effective is called Mental Rehearsal. It works best when you can set aside 10 or 15 minutes of uninterrupted time.



## 5 Scenes to Conduct a Mental Rehearsal

Imagine being inside a movie theatre with the lights dim and the movie is about to start. The movie is all about you and the process of achieving your goal. However, one thing about this movie will be a little different. You are going to start at the end – the part where you have achieved your goal and surrounded by the success, your manager's or team's approval, or your own internal satisfaction that comes with doing something you set out to do.



Visualize yourself taking the preverbal bow. That might mean getting recognition from your manager, credit at a team meeting, a big bonus or commission check. It's your success so I will leave it to you to imagine it and fill in the blanks. How do you feel, are you smiling, happy, energized? Who is around you celebrating your success