

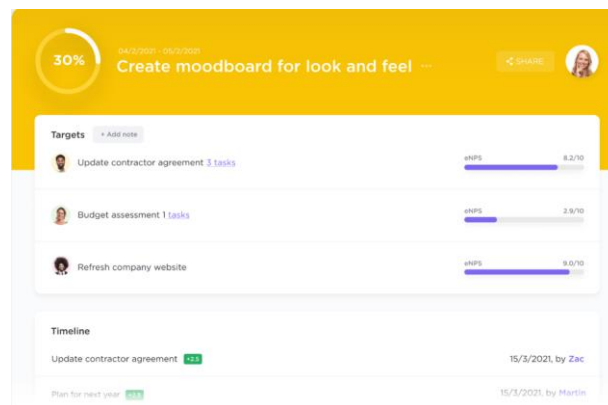
## Visualization Techniques

Visualization is the act and practice of creating a mental image of your goals. By imagining how a particular event will look, you can work backward and create smaller steps to help you make that goal a reality.

Think of it like a mental training exercise. This technique involves considering positive outcomes and imagining what it will take to get there. It requires more than a daily affirmation or positive mental dialogue to master this process, though. Visualization techniques enhance those practices by incorporating all five senses and giving you tools to create actionable tasks.

Visualization is tied to the law of attraction, which is a philosophy that believes positive thoughts bring about positive outcomes. That means that visualization should always be a positive exercise.

You want to imagine positive outcomes for your goals. Envision nailing the interview for your dream job or how it would feel to land the promotion you've been working toward. Whether you're planning out your personal life or professional goals for work, visualization can help you achieve your dreams.



## Benefits of using Visualization Techniques

The power of visualization is unparalleled. From neuroscientists to professional athletes and CEOs, all kinds of highly productive and fulfilled people credit these techniques as part of their success.

Here are some of the many benefits behind visualization techniques:

**Clearer decision-making:** By creating a mental picture of your goals, you can make better decisions to reach them. You'll be able to break down goals into smaller, achievable tasks and adapt to a changing environment

**Improved mental health:** Visualization focuses on positive outcomes. This decreases anxiety, stress, and distractions so you can focus on what it takes to meet your goals

**Increased confidence:** Seeing yourself in a successful situation builds your self-worth and makes the goals feel attainable

**Healthier habits and behaviours:** By imagining what you want and how to get there, you lay the groundwork for better daily habits. That means more efficient work, prioritized efforts, and better evaluation of your progress

## **Types of Visualization Techniques**

There are two different types of visualization techniques available and each has its strengths.

**Outcome visualization:** This visualization technique places the focus on what your life will look like once your desired outcome has been attained. You imagine as many details about what this future is like for you – what your days are like, where you live and who you spend time with, and how you feel in your body and mind as you contemplate your life in this ideal future. Outcome visualization is the carrot that pulls you forward and keeps you motivated and inspired as you work toward your goal.

**Process visualization technique:** This visualization technique places the focus on the steps you'll need to take to reach that desired outcome. It reduces anxiety and eliminates negative thought impulses that arise from a lack of experience or self-esteem. When you actively visualize yourself doing the research, taking the training, building your support network, and taking the leap into unknown territory, you make it so much easier for yourself to actually DO these things. And studies show that by engaging in such visualization exercises, you are far more likely to achieve much better outcomes.