

The Power of Visualisation

“If you can imagine it, you can achieve it. If you can dream it you can become it”

William Arthur Ward's quote above exemplifies the power of visualisation. This is in part due to the fact that images are more powerful than words since they elicit positive responses from the subconscious.

Your goals are declarations of what you desire. Imagine what it would be like once you have achieved your goals in great detail. This is the simplest technique to train your mind and increase your confidence and motivation. Additionally, it focuses your mind to the extent that an automated process is initiated, which will help you achieve your goals much more quickly.

Jack Canfield points to four benefits that we can get when using visualisation in our daily lives:

1. It activates the creative subconscious, helping to create new ideas.
2. It programs the brain to be receptive to recognising the resources needed to achieve our goals.
3. It activates the law of attraction, which will draw into our lives the people, resources, and experiences needed to achieve our dreams.
4. It builds motivation to take the steps necessary for achieving our goals.

The process of visualisation

Visualisation involves creating an image vividly in your mind using at least three senses, e.g. sight, sound and touch/ feeling. For most effective use of visualisation, you should imagine it in every detail until you can see it clearly in your mind...

Vividly imagine what it will be like when you have achieved your goal/s...

- What can you see? Notice colours and textures, whether it's light or dark indicating where you are and the time of day. See how you are reacting to reaching your goal/s and whether you are doing anything to celebrate your success.

The Power of Visualisation

- What does it sound like? What can you hear? Listen to any sounds close to you or further in the distance. If you are talking notice the positive words you use that let you know that you've achieved success. If there is anyone else with you hear what they are saying.
- Notice if there are any smells
- What can you feel? Be aware of how you feel physically, notice the temperature and any emotional feelings you are experiencing that let you know you've achieved your goal. Activating an emotional response is really important to take it to the next level.

Once you start practising visualisation you are taking a big step forward to achieving your goals. This is particularly true because this process activates your subconscious mind to work on defining the actions you need to take to get there.

Two types of visualisations

Visualisation can be outcome or process based. A process visualisation is replicating the stages that lead to the end result, whereas an outcome visualisation is a depiction of the expected final result (as illustrated in the bullet points above).

According to research, it is ideal to combine the two types of visualisation for maximum effect. Additionally, it has been proven that adopting the participant perspective rather than the observer perspective when building your visualisation is most effective.

So, it's always best to experience the visualisation through your own eyes, as if you were actually there. If you struggle with this you could imagine a cinema screen with a film of you on it (from the observer perspective) and then try to step into the film and experience this (from the participant perspective).

The Power of Visualisation

If you're struggling with visualisation

If you struggle to bring an image/ scene to mind using all of your senses just focus on the emotions associated with achieving your goals. Once you have really tuned into these feelings, consider where they are in your body, enhance them to make the experience stronger, and then think about what colour and/ or symbol represents them. You can then imagine the colour or symbol each time you want to bring these feelings back.

Remember!

Visualisation can help you build the life you want and to make positive behavioural change when accompanied with actions to move forward.