



**Edited Excerpts from
Visualization Techniques to Affirm Your Desired Outcomes: A Step-by-Step Guide**

April 1, 2014 by Jack Canfield, founder of *Chicken Soup for the Soul*®

Successful peak-performers in all fields have long used the power of visualization to create desired outcomes. We all have this power, and disciplined practice can help us accomplish our goals with the same confident hyper-focus.

The daily practice of visualizing desired outcomes *as already complete* rapidly accelerates their realization. Focusing on desired outcomes through visualization produces four important benefits.

1. **Activates the creative subconscious**, which starts generating creative ideas to achieve the goal.
2. **Programs the brain to perceive and recognize the resources** needed to achieve the goal.
3. **Activates the law of attraction**, which draws into your life the people, resources and circumstances needed to achieve the goal.
4. **Builds internal motivation** to take the actions needed to achieve the goal.

Visualization is simple: Sit in a comfortable position, close your eyes and imagine *in vivid detail* what you would be experiencing if your dream was already realized. Imagine being inside of yourself, looking out through your eyes at the ideal result.

Mental Rehearsal

Daily, whenever you're most relaxed – upon waking, after meditation or prayer, just before bed – go through the following three steps:

1. Imagine sitting in a movie theater. The lights dim and the movie starts. It's a movie of you doing whatever it is that you want to do *perfectly*. Imagine as much detail as possible – your clothing, facial expression, small body movements, environment, other people nearby. Add sounds – traffic, music, talking. Finally, experience the feelings associated with this activity.
2. Get out of your chair, walk up to the screen, open a door in the screen and enter the movie. Now experience the whole thing again from inside yourself, looking out through your eyes. (This is called an “embodied image” rather than a “distant image”.) It will deepen the impact of the experience. Again, experience everything in vivid detail – sights, sounds, smells, tastes, sensations.
3. Walk out of the screen that's still showing the picture of you performing perfectly, return to your seat in the theater, reach out and grab the screen and shrink it down to the size of a cracker. Bring this miniature screen up to your mouth, chew it and swallow it. Imagine each tiny piece — just like a hologram — contains the full picture of you performing perfectly. Imagine all these little screens traveling down into your stomach and out through the bloodstream into every cell of your body. Then imagine every cell of your body lit up with a movie of you performing perfectly. It's like one of those appliance store windows where 50 televisions are all tuned to the same channel.

When you finish this process, which takes less than five minutes, open your eyes and go about your business. If you make this part of your daily routine, you'll be amazed by the results.