

# HOW TO VISUALIZE

---

Your ability to learn how to visualize depends on your ability to find a quiet place, clear your mind and imagine your goals. Follow the 3 simple steps below to start visualizing.



## 1. Find A Quiet Place

The first step in learning how to visualize is to find a quiet place. You can choose

- A nice shady tree at the park
- Your favorite spot in your home
- Your private office
- Anywhere peaceful
- Anywhere you will not be disturbed



## 2. Clear Your Mind

When preparing for visualization, sit in a position that you can be comfortable for a while.

- Close your eyes
- Relax by taking a few deep breaths
- Continue to focus on your breathing
- Count down from 20 each breath out
- Repeat until your mind is clear



## 3. Imagine Your Goals

Visualize all the details of the final day of your project. Visualize as many details as you can

- Sights - What Are You Wearing?
- Sounds - What Do You Hear?
- People - Who Is Present?
- Write down your thoughts
- Create a collage with your ideas