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

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