

Mental Vision Boarding...

1.

The human imagination can be extremely powerful, especially when we use it as a tool to focus our goals and plans for the future.

Today exercise, Mental Vision Boarding, is all about pinning our goals vividly to the forefront of our thoughts and resting in the feeling of accomplishment, as if we have already achieved them.

It could be starting up that new business or job. It could be getting that promotion or getting back into work.

Maybe it's starting that new hobby or taking up yoga, or even joining that gym. Maybe it's just going out for strolls in the evenings.

Using this tool daily, gives you a daily focus, helps you to think outside the box, makes you more productive and gets your creative juices flowing!

2.

So how does Mental Vision Boarding work? It's all about vividly imagining your plans and goals into your now and present. It's about imagining how you would feel if you achieved your dreams and reached your goals.



Activity 3

3.

Would you feel proud? Happier within yourself? Confident? Excited? Optimistic for the future? On the other hand, maybe fitter? More energetic?

These are all great feelings to feel. So why not practice feeling them like you've already achieved your goal?

How would your life change if you achieved your dreams? Would you feel more stimulated? Would your finances improve? Maybe it will improve your relationships. Or maybe make you more sociable?

Maybe there would be more stability in your family home? Would you be more energetic around the house? Maybe you'd have more time for yourself or family?

Mental Vision Boarding...

How would you feel?

How would you feel?

Let's have a think...

My Goals

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Activity 3

How would your life change?

How would your life change?
