VISUALIZE

“Success requires a healthy imagination and a stubborn will”.

“Make use of your imagination to find your direction and then use your will to reinforce it through repetition of the required action”.

Negative imagery is not always deliberate, but it always hinders my ability to get the results I want. Many times, it is because I do not fully understand the power of my imagination. My imagination always wins when it comes to a contest between my will and my imagination. My imagination is a tool to provide me with direction, it allows me to visualize what I want, and it allows me to see where I am going and where I want to go. 'Will' is the machine that gets me there. It lacks imagery, as that would distract it from its task of making me do things repeatedly until I achieve my goals.

Therefore, it is essential that I am aware of the things that stimulate my imagination so that my imagination and my will work together rather than against one another. As the act of imagining itself is a form of letting go of reality, it is almost impossible to “will” myself to envision anything. To stimulate my imagination, I often verbalize my intended direction.

Often, someone may hope for something but say the exact opposite of what they wish, thus reducing their chances of getting what they desire, for example, hoping not to fail is different from trying to succeed. When someone is hoping not to fail, they imagine failure because they are trying to avoid it and therefore are thinking of all the many ways, they could possibly fail to avoid failing. Since they spend most of their energy avoiding failure, they have a lower chance of success because they have little left for trying and succeeding.

It is important when striving for success that you are focused on success and all the tasks to achieve it. Even though failing is a possibility, you are not consumed by it, and you keep looking for ways to succeed.

When I try to prevent someone from dropping a vase, I am more likely to succeed if I say, "hold on to it" instead of "don't drop that". The action word stimulates the imagination, and in the first case the person imagines holding on, while in the second case they imagine dropping it. As action

words are powerful stimuli for the imagination, how I define things and verbalize actions is an essential step to controlling my thoughts.

Practicing makes perfect, and as I visualize a situation, it becomes more familiar to me. Repeating actions is boring, but it is essential to achieving results. Imagination hates boredom. In contrast, the will thrives upon repetition. My will is responsible for forcing me to reimagine the same situation repeatedly.

It is easier for me to follow through with an action when I repeat it and stick to it. It takes a healthy imagination and a stubborn will to succeed.

The following steps will help the imagination and the "will" work together:

1) Self-affirmation statements

2) Appropriate verbalization

3) Appropriate action

My words influence my imagination, which in turn influences my actions. Speaking the words out loud and pronouncing them the way I mean them (even if I didn't fully understand what they meant) was more effective than thinking about them and reflecting on them. When I am trying to visualize, I find self-affirmation statements very helpful.

In a clinical hypnotherapy seminar, I learned about the “Coué method,” named after the French Psychologist and Pharmacist Émile Coué de la Châtaigneraie (February 26, 1857 – July 2, 1926) who developed an optimistic autosuggestion-based method of psychotherapy and self-improvement.

He used the phrase in French “Tous les jours à tous points de vue je vais de mieux en mieux" which translates in English to “Every day, in every way, I'm getting better and better" a form of conscious autosuggestion repeated as much as twenty times a day usually at the beginning and end of each day. Through autosuggestion, Coué maintained that we could cure many disorders by changing our unconscious thoughts using our imagination.

I modified it slightly:

Every day
In every way
Getting better and better
More capable
More able

In my experience, my unconscious mind does not relate to itself, so pronouns were not particularly useful to me. What engaged and excited my imagination most was the expression of the idea or intent. By organizing it this way, I felt that each line represented a particular idea, which my unconscious mind could connect in any way it deemed appropriate, but the result would still be what I wanted. This method of expressing ideas allowed me to create something that was both meaningful and fluid. It allowed me to create a story that was both open-ended and flexible, while still maintaining the overall structure and intent.
When mentoring someone, I asked them to say it as if they were trying to sell the idea to someone other than themselves, not to reflect on the meaning of what they were saying. My experience has shown that it is quite useful for orienting anybody towards the direction that will bring them the desired results.

The only important thing to me when using this saying was to verbalize it out loud (quietly) and to say it like I really meant it, not to reflect on what I was saying. As you follow each line, you can see a picture that helps you visualize the direction:

"Everyday" - helps me visualize time.
"In every way" - helps me visualize all the actions possible.
"Getting better and better" - helps me visualize the direction of getting improved.
"More capable, more able" - helps me visualize my ability.

Visualize is a form of purposeful fantasizing where we indulge in grandiose ideas but don't distort reality, I would often remind myself that if I could not believe in myself! It would be impossible for me to imagine that anyone else would.

Visualize the desired outcome repeatedly is essential to achieving it, even when it seems unlikely. I should always have realistic expectations when I visualize but be flexible enough to accommodate unforeseen circumstances without compromising the desired outcome.

I refer to it as a form of “self-programming” because the expectations are consistent with reality, even though the probability may be low, the likelihood of occurrence of the wanted results is possible. Contrary to “self-delusion,” which occurs when expectations do not align with reality and the likelihood of the desired result is slim.

It is critical to verbalize “can do” statements more often than “can't do” (see the section on Can Do) and to express things in a manner consistent with what I want. For example, instead of saying I will not fail, I say I will succeed.

I'm not pretending to be something I'm not; I'm just striving to become what I can be. In the same way, telling yourself I am in my happy place to make yourself happier isn't as effective as visualizing the journey from sadness to happiness. 'Visualize' does not mean to deny reality, but to transform it naturally from one state to another in my mind.

In times when I felt helpless or out of control, I would recall situations when I had felt in control and hold on to that image. We can use our minds and imagination to influence neurophysiology and make use of this process even if we do not fully understand how it works.

Whenever I am trying to stop or change an undesirable habit, I should focus my imagination on the change I want, not the habit I don't want. To change my over-talking, I will imagine myself talking less instead of concentrating on the fact that I talk too much.

Like everyone else, I have thoughts about undesired results, but rather than resist them or try to change them (which is very energy-consuming), I remind myself of what I want. During this process of solving a complex, difficult problem, I remind myself of five to ten simple things that are going my way. For example, how I can taste, how I have good eyes, or how I can solve problems. I do not dwell on these things; I simply list them very quickly during the process of solving the problem.

Although visualizing does not guarantee that I will achieve my goals, it increases the likelihood of them happening and gives me the edge I need. Through my experiences in life, I have learned that success is a habit I can form through proper visualization.

VISUALIZE - CAN DO

At the end of this module, I want you to have a very good and clear understanding of the concept "Visualize" (how to hack the human mind) and the tactic "Can Do Method" as these two are very key to getting the results that we want.
VISUALIZE –
SW+A+T=D is a formula I designed to get our minds to do things through repeating the same task continuously until critical mass is attained. It does not require any reflection or thinking and the more automatically it is performed the better.

THE FACTORS:
1) SW = Spoken word, external voice (+/- conviction) – Nature is like LIQUID – the most controllable – does not require any form of belief just repetition until a critical mass starts to influence (T) thoughts – the process of vocalizing aligns action with it
2) A = Action – nature is SOLID – not easily changed – very influenced by spoken word – also influenced by will
3) T = Thoughts, belief, emotions, awareness, inner voice – Nature is like GAS – difficult to control – very influenced by imagination

THE RESULT:
D = Direction – where things are going
If any two "Factors" are aligned in a particular direction and the same task that aligns them is repeated continuously, at some point enough critical mass will be obtained that makes the third factor align itself in the same direction i.e. with them.
For example, if your thoughts are sad and your spoken words are sad your actions would be that of a sad person and your direction is sadness.
Use the word "WILL" in any sentence of purpose - Helps avoid denial
- Anchors in the present.
For example:
"All will be well I will be okay" – when unsure of the future

“I will trust more, or I will be trusting” – when trust is an issue “I will love myself” – when experiencing self- loathing.
The possibilities are endless.

PUTTING IT TO WORK!!

Formation of Articulation Prescription
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1. Review the concept "SW*A*T=D" as explained in previous page.

2. Express 2 "action words" in present direction:
    1) _____
    2) _____

3. Replace with 2 "action words" in desired direction:
    1) _____
    2) _____

4. Form articulation statement using WILL and align it based on how it resonates
    "I will be _____"
    "I will be _____"

5. Start with a “Repetition Rate” (how often you will repeat it” e.g. 10 articulations make a set and do 10 sets equally spaced daily = 10 x 10) with a Confidence and Conviction rating of > 80%

- Confidence – on a scale of 1 – 10 how confident are you that you can maintain that repetition rate?
- Conviction – on a scale of 1 – 10 how convinced are you that you can maintain that repetition rate?

Points to remember:

Visualize!!

Your imagination (thoughts), your words (verbal expressions), and your actions (deeds) must align with your desired outcomes.

Ensure that you repeat the above process repeatedly to achieve the desired results.