



The Power of Visualization You've Got To See It, To Believe It.

I try to have a very steppingstone mentality about this whole thing, where as soon as you make one step you visualize the next step ...

--Taylor Swift

Visualization is one of the most power tools you have available to make your life exactly what you want it to be. Any part of your life; business, health, relationships, things, experiences ... anything.

You must 'see' it first, then you make it so.

Everything around you is the product of visualization; EVERYTHING.

- It is all just a thought.
- Someone thought it, visualized it, and then made it real.
- Everything in your reality is because of this.

What is Visualization?

- It is 'seeing' the future in advance, and bringing it into your present, so your mind knows where you want to go.

How and why does it work?

- Your brain can't tell the difference between a 'real world' and an 'imagined' experience; they are all just 'images' to your brain.
- By visualizing you are causing the neurons in your brain to practice a specific neural pathway. Every time you do this, that neural pathway becomes reinforced and stronger.
- Eventually, that neural pathway becomes the 'preferred' pathway, and your behavior moves in that direction.

Famous examples:

- Roger Bannister 'saw' himself breaking the 4-minute mile thousands of times before he did it on the track.
 - ALL great athletes do this. Basketball players, golfers, etc.
- Bill Gates of Microsoft "A computer on every desktop." – That is a visualization.
- Martin Luther King "I have a dream" – That is a visualization.

You make stuff up, and you make it happen. If can't see it, you can't have it.

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Helping Entrepreneurs Build Exceptional Businesses and Enjoy Outstanding Lives.

Contact me today to build the business and life of your dreams.

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