



10 Benefits of Visualization

When was the last time you had a vision or actively imagined the desired future state or position of something or someone? As a college student I visualized what life would be like as a college graduate, my career, my work, my salary, my house. As a mom I often visualized what my kids might be like as adults. As a new pharmacist I would visualize what it would be like to be a pharmacy manager. As a an executive I visualized reaching sales and performance goals, while making a measurable and lasting impact. As a newly divorced single mom I visualized myself happy, healed and healthy.

Actively visualizing your future goals puts you closer to achieving them. A vision board, with actionable steps, serves as a great reminder, helps you to stay on track and moving forward. It's proven that visualization not only improves performance, it also reduces stress and increases confidence and focus.

With purpose and passion,

Philecia

Vision /viZHən/

To Imagine

The desired

Future

State or position

[#last90days](#)

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10 Benefits of Visualization

1. It improves your performance. Professional athletes — everyone from golfer Tiger Woods to Arnold Schwarzenegger, who was a weightlifter before he became an actor — have shared how visualization techniques have helped them for decades. Mental imagery is also used by

coaches,
politicians,
surgeons,
musicians,
speakers
and
business
executives
to
improve
their
performance.

2. It
helps
you
reach
your
potential.
While
imagining
you
can
run
a
5K
won't
actually
make
you
physically
able
to
do
so,
full
sensory
visualization
can
help
you
reach
your
potential
by
clearly
define

the
goals
to
do
so.

3. It reduces stress. Similar to meditation, visualization is a form of relaxation. Simply visualizing yourself happily talking with friends, at your favorite restaurant enjoying your favorite meal, taking a stroll, watching the sunrise or the smell of fresh baked bread will

instantly
quiet
your
mind.

4. It
brings
joy
into
your
life.
Just
as
it
reduces
stress,
visualization
can
actually
change
your
mood.
Next
time
you're
angry,
try
it.
Think
about
your
favorite
place.
Think
about
your
favorite
vacation
or
feel
of
sun
on
your
skin
on
a

sunny
day.
Really
take
yourself
there.
When
I
need
a
pick
me
up,
I
think
of
my
kids
and
I
vacationing.
It
instantly
brings
a
smile
to
my
face
and
helps
me
switch
mood
and
thoughts.

5. It
increases
focus.
When
was
the
last
time
you
were

alone
in
thought
with
your
goals?
Anytime
you're
sitting
quietly
and
simply
being
one
with
yourself,
you
are
improving
your
ability
to
focus.
Why?
Because
you
are
no
longer
bound
by
the
restrictions
of
your
day,
the
constant
noise
around
you
and
input
from
others.

6. It

can
spark
inspiration.
Constantly
thinking
about
taking
that
vacation
will
increase
your
chances
of
actually
doing
it.
The
visuals
could
inspire
a
destination
or
picture
that
forces
you
to
take
action,
plan
and
GO!

7. It
boosts
confidence.
As
you
imagine
yourself
doing
the
things
you
want

to
do,
you
naturally
begin
to
be
more
confident
and
believe
you
are
capable
of
achieving
them.
If
you
can
see
yourself
accomplish
something
it
provides
the
push
to
try
it.
It's
similar
to
positive
self-
talk
or
affirmations.

8. If
you're
sick,
it
can
make
you

better
faster.
It
sounds
crazy,
but
there's
scientific
proof
that
if
you
visualize
your
body
rebuilding
itself,
healing
itself,
you're
feeling
better
and
doing
better,
your
body
will
begin
to
respond.
In
the
same
way
that
a
hypochondriac
convinces
himself
that
he
is
sick,
a
positive

mental
imagery
can
improve
your
health.

9. It
makes
you
more
creative.
A
good
mental
image
is
a
detail-
oriented
picture
that
invigorates
all
the
senses.
What
do
you
smell?
What
is
the
temperature
outside?
What
does
it
taste
like?
The
more
vivid
the
visual,
the
stronger

the
results
will
be.

10. It
can
help
you
overcome
nervousness.
If
you're
feeling
anxious
about
an
upcoming
speech,
visualize
yourself
giving
the
best
most
memorable
speech
ever.
Imagine
yourself
in
a
great
outfit,
your
words
flowing
and
everyone
applauding
after
you're
done.
I
do
this
every

time
I
am
to
speak,
just
after
I
pray.
Knowing
God
is
with
me
and
visualizing
an
amazing
conversation
with
my
audience
helps
relieve
my
nerves
every
time.

I encourage you to try and visualize yourself reaching your goals, speaking in front of an audience, meeting your sales goals, getting that promotion or running that 5K. Maybe it's visualizing yourself happy in your life. What does that look and feel like to you? Can you see it?

Hit me back with your comments. I'd love to hear what you're visualizing for yourself today and the new year.



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