

**say it
—now**

Power of Visualization and Affirmation



The power of the human mind can be used in both the real and imaginative world. A combination of visualization and affirmation can activate the creative subconscious mind, activate the law of attraction and build internal motivation.

Visualization is a mental rehearsal technique that creates a mental blueprint after you imagine, feel, believe and see the details of your end goal.

Affirmations are positive statements that can help overcome self-sabotaging, negative thoughts, stress and improve overall well-being.

Research by psychologist Guang Yue found that weightlifters activated the same brain patterns when asked to imagine lifting. This means if you imagine practicing that basketball shot or mentally practice for tomorrow's music rehearsal, your brain will respond as if you are doing it.

Discussion Questions

1. *How can visualization and planning help achieve goals?*
2. *How can affirmations build your internal motivation?*
3. *How can visualization and affirmation be used in practicing gratitude?*

Take Action

Create your personal visualization and affirmation.

Step 1: Establish your goal

Decide on something you want to accomplish or express gratitude to. Remember a goal should be specific, measurable, attainable, realistic and time-specific.

Step 2: Draw or write out the details of your visualization

Create a mental picture of your desired goal as if you have already achieved it. Visualize details using your five senses. *What do you see? What do you hear? How do you feel in that picture?*

Step 3: Add a surge of positive energy with an affirmation

For example: "I live in a state of gratitude. I am thankful to those who help and support me and others."

Step 4: Set a plan, practice and repeat

Write your plan of when you will practice your visualization and affirmations, for how long and where you will practice it. Remember to stay consistent!

Step 5: Break it down into smaller steps

As you continue practicing your visualization and affirmations, write down three immediate steps and three milestones to achieve within the year. Idea: you can use visualization and affirmations to write a letter of gratitude or express gratitude to someone.