

Creative Visualization Exercise to Identify Outcomes You Want to Achieve in Your Business.

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Read all the directions before you start. Then go back and follow each step in order.

1. Set aside 40-80 minutes to do this exercise. Don't rush it.
2. Take a notebook and get ready to write, free-flowing and unedited. This is just for you and your eyes only. Do *not* use a computer and type. It's important you *hand write* what comes into your mind, unless you are physically unable to write by hand/
3. At the top of each page (the front of the right-side page in the notebook, leaving the back of each page blank), write these categories:
 - a. Physical
 - b. Emotional
 - c. Mental
 - d. Spiritual
 - e. Financial
 - f. Career
 - g. Social
 - h. Family/Relationships
4. During this exercise, if you find yourself being distracted by negative thoughts or doubts that this vision *can* become a reality; write those on a *separate paper later*. They are important to capture and we'll use that list in a later lesson of this module. For now, just write them as part of your free-flowing vision journaling. Then transfer them to a separate list later (lesson 1-3) and cross them out or delete them from your vision.
5. Now, prepare for this exercise by [getting into an expansive energy](#) mode.
6. Now relax. Center and [ground](#) yourself. Play relaxing music or bi-neural tones in the background, to reach the [alpha](#) level of deep relaxation.
7. After you close your eyes, see your future self experiencing the *end results* you want to achieve with your business. See your future self doing this and experience how it *feels* to make a difference in so many people's lives. You don't have to see the specifics of WHAT it will be or HOW it will happen. Just get into the *emotion* of what it *feels* like to be that messenger, that agent of change.
8. Spend about 10-15 minutes visualizing the outcomes you want *in each area* (40-80 minutes all together): Mental, Physical, etc.



- a. *Capture* as many ideas as you can. If you can write the ideas or images that come to mind, that's great. If you need to close your eyes and then pause to write down what you remember after that section's time is up, that's okay, too. If ideas come in for multiple areas, write them down wherever you are. What's important is that you get into an expansive flow and capture the visionary ideas and outcomes that come to mind and don't get hung up or distracted by thinking there's a "right" way to do this.
 - b. Don't focus so much on what you want but what that can give you. For example, don't picture a pile of money. Picture what having abundant financial flow would bring you.
 - c. Word your vision *as though it has already happened* and engage as many senses as you can. "I have...", "I see ...," "I hear...", "I feel...", etc.
 - d. Let one idea lead to the next. As in, "**I have <an outcome ___>, which brings me <the benefit ___>, which brings me <another outcome or benefit ___>.**"
 - e. Think *long-term* and think *big* about your business. Your list of outcomes might (and should) include outcomes that will happen 5-10 years from now.
 - f. **Focus on *outcomes*, not *how you will reach them*.** You'll learn *how* in future lessons. And if you stay in an expansive, receptive energetic flow state, The Universe/God will deliver it right to you!
9. Now, anchor yourself to this future vision.
- a. See your incredible future self, at the end of your successful life.
 - b. What do you notice about him/her?
 - c. If you ground yourself to his/her sense of fulfillment, how do you feel?
 - d. If you keep grounded in that feeling, it helps you stay in touch with your future you, which is who you actually are today.

You will surely have a *lot* of ideas --- maybe so many it is overwhelming! By capturing them, you are clarifying them. By sharing them, you are "speaking" them in a way that will make them more likely to manifest.

For now, you are going to use your vision for an *internal* purpose. Later, we'll revisit your vision, to *plan* your business goals and the steps you will take to achieve them. You'll get training, guidance, support and assistance in creating an action plan from them at that time. For now, though, you want to get in touch with what you *want* to *see* happen and how you *feel* when you imagine these outcomes. This is the first step in identifying **WHY** you want to serve your target niche.