



What is Visualization?

Visualization is the process of using your thoughts and emotions to imagine and then attract the people, circumstances and golden opportunities you most desire, into your life. Napoleon Hill has been talking about it for nearly a hundred years and it has been regularly used for decades by people from all walks of life, to achieve their goals in a much faster and easier way.

Even professional athletes, including Olympic Gold medalists, have been using visualization for years to help increase performance. A Harvard Medical School study found that subjects who visualized themselves practicing the piano had the same structural changes in the brain as those who participated in the intense practical piano training sessions - proof that consistent visualization can help people learn new skills and reach goals faster!

The Brain Science Behind How and Why Visualization WORKS...

At the base of your brain is a small and very powerful bundle of nerves called your Reticular Activating System (RAS). Its job is to filter through the 40 million bits of data your subconscious mind picks up each second from the outside world, and send just 40 bits of that (what it thinks is of the most importance to you), into your conscious, thinking mind where you'll actually become aware of it.

If you tend to focus on the fact that money is scarce for example, by default you've programmed your RAS that this is of primary importance to you. Then, everywhere you look, you'll find this view of reality reinforced.

But, when you take even just a few minutes each day to visualize yourself enjoying a life of abundance and prosperity, you reprogram your RAS to look for ways to make this reality come true. You'll notice people, conversations and golden opportunities to create more wealth and abundance in your life!



Visualization Made Easy

The secret to effective visualization is two-fold. You must first create a clear mental picture of what you want, and you must then visualize yourself achieving these results with feeling and emotion. Tying emotion to your visualizations is the absolute key to reprogramming your RAS to bring into your reality everything you desire. However, being able to successfully visualize your goals in your mind with complete emotion, can feel impossible for some people.

Right now you may or may not be sure that your relationship is worthwhile. You have fears, and rightly so! You both have fears. You have come along way in learning about yourself, your relationship, and how to overcome the emotional rollercoaster ride that affairs cause.

One of your final exercises in The 7 Step Infidelity Recovery Program is **visualizing** the relationship you want. You probably have never taken the time to think about the relationship you DO want. What would that LOOK like? What would you do? Where would you go? How would you treat each other? What rituals and traditions would you like to start? Where would you like to travel? You get the point I'm sure.

Remember this point....

If you are INTERESTED, you will only do what is convenient

BUT, if you are COMMITTED, you will do whatever it takes

EXERCISE

1. Each person to think about the relationship they truly desire
2. Write a list or a page or two on this vision
3. Each write 5 things you need to stop doing to achieve this vision
4. Each write 5 things you want to start doing to achieve this vision
5. Over the next few weeks, you are to collect pictures and create a RELATIONSHIP VISION BOARD on this Visualized Relationship. You can do this either electronically or the traditional collage board.
6. Share the vision board with a friend, family, and your coach on your 3 mth checkup.