

Visualization Tips



**Presented By
Connie Ragen Green**

***"Whatever the mind of man can conceive and believe, it can achieve."
- Napoleon Hill***

As an entrepreneur and small business owner you may think that visualization methods and strategies would not be useful in helping you to succeed, but in my experience I have found the opposite to be true.

In the decade I have been working online I have utilized these techniques quite effectively.

The purpose and goal of this special report is to help you get started with visualization in a way that can have profound effects upon your outcome and results. Shall we begin?

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Top Visualization Tips

We dream with images. While we may have some talking in our dreams, it is mostly visual. So much more can be said with an image than can be expressed with words. If you saw an image online, in many cases, you would not need a caption. However, to describe the same graphic without the ability to show it may require many words, and there's no guarantee you'll get it completely right.

It should come as no surprise that visualization can work in our conscious lives, too. When we create mental images of the life we want or situations we desire, it helps to solidify how to bring them about.

1. Internal vs. External Visualization

Try to imagine what you want internally, within your own mind. Think of this as a first person exercise. When you have a clear picture of that internal vision, imagine the situation as if you were someone else watching you, like in a movie or on television.

2. Create an Image of the Whole Picture

Instead of thinking about getting a promotion, think about the tasks of the job you'd like to get promoted to. Also, think about the people whose lives would be affected by you getting promoted. If you are going to get your own office, picture what that would be like and what you want in it. Tie back the tasks so that you can match that up with what is needed in your new office. The more detailed you can get with this, the more likely it will happen. Are you going to get an assistant? Imagine who that would be and how you are going to lead him or her.

3. Picture a Realistic Situation

You are not going to be president of your company next month if you just started in an entry-level position. While it's perfectly feasible to become the president one day, imagining that scenario in your early stages is a waste of time. It's okay to dream and to dream big, but set your sights on intermediate targets and build up from there.

4. Visualize the Small Things

We focus much of our energy dreaming of the big things we want. Often, the big accomplishments require smaller accomplishments to happen. We should try then, to imagine or visualize how those smaller accomplishments will play out.

5. Bring Back Your Imagination

When we become adults, we lose most of our imagination. For instance, if kids want to captain a spaceship, they simply imagine it. If adults publicly declare they want to captain a spaceship, and they don't work for NASA, they are given a one-way ticket to a mental hospital. This causes adults to repress their ability to use imagination. Imagination can be a great way to make new discoveries, no matter how far out they may seem.

6. Learn What Others Visualize

We cannot think of every possible scenario, whatever it is we seek to achieve. When we learn what others are envisioning, we can bring that into our own visualizations, assuming they fit with what we want.

Actionable Steps

1	2	3
Use your imagination. For this task, let yourself picture anything out of the ordinary. It can be something you envisioned as a child or perhaps it is something your own child imagines. Write your imagery on paper.	Create a vision of your ideal society. Call it You World. How would the people in this society act? What kinds of jobs would they have? What would a typical neighborhood look like? When you make visions like this, they are more likely to become reality, especially if others can see your vision.	Participate in forums geared towards visualization and the achievement of dreams. Read through what others have success with and ask questions, especially when new to the forums. Be an active participant and you will learn about the art of visualization.

Further Reading

1. [Creative Visualization: Use the Power Of Your Imagination to Create What You Want in Your Life](#) by Shakti Gawain
2. [Visualization: The Fastest Way to Succeed: Setting Goals, Inspiring Others, and Achieving Victory](#) by T Whitmore
3. [The Creative Visualization Workbook: Second Edition](#) by Jim Edwards
4. [Visualization Power: Yogis Can Improve Their Powers of Visualization and Visual Thinking](#) by Bill Bodri
5. [Psycho-Cybernetics: Updated and Expanded](#) by Maxwell Maltz

Visualizing Your Ideal Life

People dream of living a different life than the one they are living. Perhaps it has to do with their career, or it can be something in their personal life. But, hoping and praying that changes will happen usually don't serve as well as when you are visualizing your ideal life.

When you visualize how you want your life to go, it's almost as though you are mapping out a plan. You don't just visualize one aspect of that new life. You try to imagine all the steps you may need to take to get where you want to be. It gives you a foundation for something to strive for. It also sets up your brain to redefine your neural pathways. When this happens, you increase the chance of accomplishing your new life.

It's often said that if you want to know what to do in life, focus on what you are daydreaming about. This makes sense as your daydreams are often about what you desire. For instance, if you have always wanted to start up a business, you will not only think about that in your daydreams, but you will think about exactly what kind of business you want to start. You will see yourself in the role.

When you do daydream about your ideal life, try to write down your thoughts. This can be the start of your business plan, and you can set out to formalize it. One way to do this is to create a mind map, and anytime you imagine something, add it to that mind map.

It's easier today to visualize how you want your life to be. If you do an image search for your ideal life, you can find some good ideas that can help in your visualization. You may even find some videos on YouTube that can help you come up with ideas to further your vision.

You could try to come up with a vision board. This is similar to finding images on the web but instead, you peruse old magazines that you have or that you ask to obtain from your friends. The web is a great place for ideas but don't overlook traditional methods. Don't overlook the classifieds section of those magazines as this can be a great source of inspiration for ideas.

It's important to continue to visualize the life you want. This reinforcement makes it become an integral part of your life, which means you will take the correct steps to move toward your goals.

3 Simple Steps to Reprogram Your Mind

It is a known fact that our minds, more specifically our subconscious minds, control our lives. We are what we think or believe. Research has shown that there is a mind-body connection and that the mind can help us overcome health problems.

There are many ways to reprogram your mind: NLP, hypnosis, visualization, EFT, havening, affirmations and coaching. The method you choose will depend on your mind-set and budget.

You may feel able to make positive changes on your own with a little knowledge and some resources. You can find a ton of information online or by going to your local library.

If you need help then there are hypnotherapists, NLP practitioners, and coaches that can be hired to work with you.

Whichever route you choose one element that is crucial is your attitude. For any method to be successful in creating change in the subconscious you have to want the change and to believe totally in its success. You cannot succeed without this belief.

While every method is different there are three steps that each uses to reprogram your mind.

1. **Relax.** To achieve relaxation you have to take your brain to Alpha level. This is the level where you are able to 'speak' directly with the subconscious. Alpha level brainwaves are experienced first thing in the morning as you first awaken and last thing at night just before you go to sleep. In Alpha level you are awake (conscious) and aware of your surroundings but your subconscious is fully alert and you are most responsive to learning and accepting new ideas.

You can achieve Alpha level by practicing relaxation techniques.

2. **Visualize.** Picture your goal as an image or movie with you 'in the moment'. It must be in the present so you must be living it. Use all of your senses to make it as real as possible. Tell a story and if you can add some humor even better. Your subconscious loves stories and it loves humor. By fully engaging your senses it becomes more real. Make the scenes really bright and colorful. Hear the sounds, Feel the emotions. Touch and taste things.

When visualizing always answer these questions:

What can you see?

What can you hear?

What can you feel? (Physical touch as well as emotions.)

What can you smell?

What can you taste?

3. **Affirm.** While visualizing yourself living your goal it is also important to affirm this. You can either say your affirmations out loud or just think them. To make them even more powerful and effective you can write them down and display them wherever you will see them regularly throughout your day. You can also record yourself saying them out loud and listen to them first thing in the morning and last thing at night.

Affirmations must be:

- In the present tense.
- Said with positive conviction. (You must believe in what you are saying.)
- Include emotion.

For example: I am giving a presentation to my department and superiors. I am standing at the front of the room. I feel confident and calm. I am speaking with conviction. I know my topic. My presentation is interesting and fun to give. The audience is listening intently. They are smiling and nodding their heads as I speak. My voice is confident and easy to hear, even at the back of the room. I am standing tall wearing my favorite navy suit. I feel smart.

Knowing these three simple steps can help you successfully program your mind for positive change.

Create a Mental Movie to Achieve Your Goals

We all have something in life (or work) that we want to achieve. Most of the time we don't know how to go about achieving these goals. Often when we do know how to go about achieving them we just allow ourselves to fail by simply giving up. Creating a mental movie can increase your chances of success as it is a creative and simple way to program your mind.

A mental movie is a creative visualization technique used by Neuro Linguistic Practitioners to help clients reprogram their mind to overcome fears or phobias, heal past traumas or to achieve work or life goals. If you know the goal you want to achieve then you can take advantage of this powerful tool to help you create a successful outcome.

Step 1: Decide your goal.

It is essential that you can identify the goal you want to achieve. It must be precise. Write it down.

Step 2: Create a blueprint.

You know the end point; the goal. It is important that you create a blueprint describing the exact change you want to make. For it to be useful and generate a successful outcome it must:

- Use all five senses;
- Be very descriptive; and
- Be written in the present tense

For example, if your goal is to become more confident in social situations your blueprint might look like this:

I am at a party for a colleague's birthday. The room is brightly lit with music playing. There are red, blue, yellow and green balloons everywhere. I can hear people talking and laughing. I am standing in the centre of a group of colleagues talking about a movie. Everyone is listening. They are smiling at me and I feel happy. The beat of the music pulses through me making me feel invigorated. I feel comfortable talking and listening with others.

With every sip of my drink I feel stronger and more confident. Each bit of the delicious food makes me feel happier. I am smiling...

You can include different scenes, just like in a real movie. So change the situations to include any that are important in helping you to create the movie of the life you desire.

Step 3: Relax

It is important to relax as this is how you will get your subconscious mind to open up and be receptive to your mental movie.

Find somewhere comfortable. Close your eyes. Tense every muscle in your body and then release. Repeat twice more. Next, breathe in deeply through your nose to a count of five and out through your mouth to a count of eight. Repeat this three times or until you feel relaxed.

Step 4: Play your movie

This is where the mental programming takes place. You play your mental movie visualizing you living the goal you set. It is important that your movie is played as if you are living it now. Feel the emotions, experience the sights and sounds. Don't forget to include all your senses to make the experience feel real.

To make sure that your new mental program is fully installed you will need to repeat steps 3 and 4 every day for 30 days for best effect.

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The Miracle of Creative Visualization

How do you intend to use creative visualization? A great majority of people utilize it to obtain material possessions. And of course, there's not a thing wrong with this, but what you may not know is that creative visualization allows for the manifestation of much more than simple objects!

If you utilize creative visualization as it is intended, you can actually change your entire life. Whether it is the power of suggestion or something bigger, the belief in what you're attempting to obtain is stronger than you realize. Concentrating and focusing on a very specific outcome can, indeed, lead to it.

You probably haven't heard the name Morris Goodman. That's no surprise. Goodman was a very successful insurance salesman who was well-versed in creative visualization. He had, in fact, used it to build his entire insurance business.

But in the 1980's, after a plane crash, Morris was rendered paralyzed, unable to use any part of his body other than his brain, and unable to breathe on his own with the help of a ventilator. Sadly, doctors were not hopeful that he would ever walk or breathe on his own ever again. His family was notified, and plans were made to give Morris the best quality of life that he could have with his new limitations.

While still in the hospital, Morris communicated with the staff and his own family by blinking his eyes. What he told them surprised everybody – that he planned on walking out of the hospital on his own.

Morris used the process of creative visualization to see and feel himself breathing and walking all on his own. He saw what it would look like when he left the hospital, and even the very route he would take home.

He envisioned the astonished looks he'd get from passers-by, and the smile he'd return their amazement with. At one point, he convinced the medical staff that he wanted to attempt breathing on his own. He claimed he had an urge to breathe on his own and he wanted to try. They removed the ventilator tube, and he did indeed breathe on his own.

From that point on, his recovery took on a life of its own, and in time, he walked out of the hospital on his own two feet – something that the hospital staff never thought they'd see. He continued on with his successful insurance business, and also became a motivational speaker, proving that it only takes the brain and creative visualization to change your entire world.

Summary

By now you can see that visualization can make a huge difference in both your outlook on life and in the results and satisfaction you will be able to achieve over time. It is my sincere hope that the information I have presented here in this special report will be helpful and thought provoking as you continue on your path to entrepreneurship.

Also, I would love to hear from you about your own experiences with focus, clarity, and mindset. Connect with me through social media or by simply hitting "reply" to any of my emails. They all come directly to me and I will be able to answer you within a day or two at the most. And please do consider attending one of my upcoming live events, retreats, or workshops. I host them in southern California at different venues throughout the year.

Your success is my greatest reward. Online entrepreneurship is a true gift and a blessing to me and to everyone I know who is building an online business.

To Your Massive Online Success!

Connie Ragen Green

Connect with me on Twitter at <https://twitter.com/ConnieGreen>

Resources

My [Online Marketing Incubator Mentoring program](http://TheOnlineMarketingIncubator.com) is at:

(<http://TheOnlineMarketingIncubator.com>) - Work with me personally, as well as with my current students and mentees. These programs include the opportunity to speak and present at one of my live events, as well as an invitation to be a part of one of the Retreats I host several times a year in Santa Barbara, California.

Hosting: <http://ConnieLoves.me/A2Hosting> - easy to navigate, c-panel hosting for everything you need to set up technically for your online business at a fair price.

Autoresponder service - <http://ConnieLoves.me/Aweber> - the most popular and easy to use system for staying connected to your subscribers at a fair price.

Membership Site Plugin - I have this installed on more than forty of my sites and I know the creators personally, as I was in a Mastermind with them for several years while they were creating and perfecting Wishlist Member - <http://ConnieLoves.me/Wishlist>

How to Market for Small Business (<http://HowtoMarketforSmallBusiness.com>) - a training course I teach and present along with small business and offline marketing expert Ron Tester, this is an excellent way to start earning income quickly while honing your skills as an online marketer.

My "Really Simple" series of online training courses continue to be one of the best investments you will make into your business. Email me for a twenty-five percent discount coupon for the course that best suits your needs.

Subscribe at no charge to my two award winning podcasts on iTunes. Details at: <http://PodcastShowNotes.com> or check them out at:

Online Marketing Tips - <http://itunes.apple.com/us/podcast//id591740909>

If you need high value PLR (private label rights) content I recommend:

- ✚ Alice Seba – [Free PLR](#),
- ✚ Alice Seba – [Facebook Ads and Social Media Graphics](#) (Free Download)
- ✚ Ronnie Nijmeh – [Self-Help PLR](#) (Free Download)
- ✚ Coaching Sticky Glue – [“Done For You” Coaching Programs](#)
- ✚ Alice Seba and Ron Douglas – [Free Writing Templates](#)
- ✚ Dennis Becker – [8 Reports](#) You Can Use As Your Own
- ✚ Sue Fleckenstein – a new addition to my list in 2017, [Sue continues to WOW!](#) me with her content

Trainings I recommend for learning how to get started right away with selling physical products on Amazon and other e-commerce sites are from two people I continue to learn from personally:

Jessica Larrew runs her Amazon business from home with the help of her husband and young son - <http://ConnieLoves.me/SellingFamily>

Jim Cockrum has been selling physical products and teaching others how to do it for over ten years now, longer than anyone else teaching this business model -

<http://ConnieLoves.me/PAC>

Visit my two main blogs to see what else I am up to at any given time.

They're at:

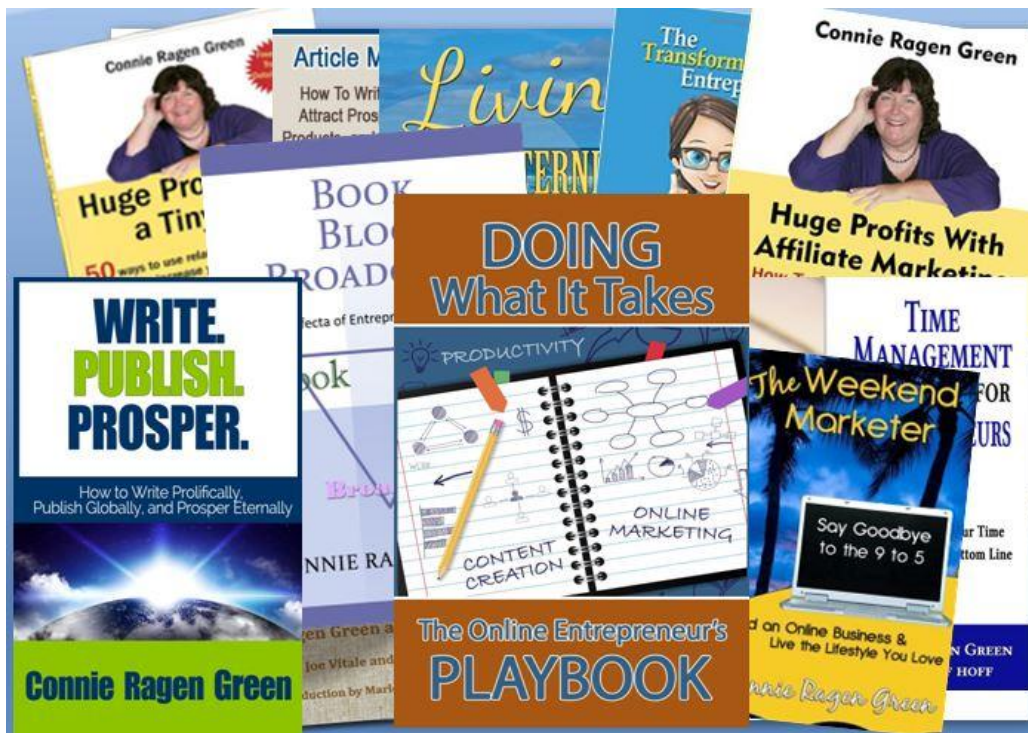
<http://HugeProfitsTinyList.com>

| <http://ConnieRagenGreen.com>

Listen to my most recent audio training at:

<http://AskConnieAnything.com>

My [books on entrepreneurship and more](#) are at: <http://ConnieRagenGreenBooks.com> - check out my most recent titles to see which is best for your goals.



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About The Author

Connie Ragen Green is a bestselling author, international speaker, and online marketing strategist who is dedicating her life to serving others as they build and grow successful and lucrative online businesses. Her background includes working as a classroom teacher for twenty years, while simultaneously working in real estate. In 2006 she left it all behind to come online, and the rest is history.

She makes her home in two cities in southern California; Santa Clarita in the desert and Santa Barbara at the beach. In addition to her writing and work online, Connie consults and strategizes with several major corporations and some non-profits, as well as volunteering with groups such as the international service organization Rotary, the Boys & Girls Clubs, Benevolent & Protective Order of Elk's (BPOE), the women's business organization Zonta, and several other charitable groups.

As the 2016 recipient of the Merrill Hoffman Award, presented to Connie by the Santa Barbara Rotary Club, being honored with this award has strengthened her resolve to serve others around the world in any way she is able to by using her gifts, talents, and experiences in a positive and sincere manner.

Please pick up one or more of my books as a way to get started on the path to online entrepreneurship. If you're not sure where to begin, simply hit "reply" to any of my email messages and I will respond to your questions promptly.

