



JOHNSTON
CONSULTING
GROUP

Your Inner Vision

The Visualization Workbook

Your Inner Vision ©
Johnston Consulting Group

TABLE OF CONTENTS

INTRODUCTION	4
THE BIGGER PICTURE	5
SPECIFIC GOALS	9
CONSISTENT REPETITION.....	15
AFFIRMATIONS	15
JOURNALING	16
A VISION BOARD	17
CONCLUSION	18

INTRODUCTION

Every accomplishment in history has started as a thought. Someone dreamt up something in their mind and then brought to reality.

In a way – that is what visualization is. Of course, there is more to visualization than just having a single thought.

Visualization is when you think deeply and specifically about your goals. You imagine how you will reach them. What it will feel like reaching them and what life will be like after you reach them. You do this regularly, and you do this often.

Visualization isn't pie in the sky mysticism either. High-level executives and athletes both use visualization regularly. One [study showed](#) an actual increase in strength through visualization alone.

If you have any goals or dreams that you want to accomplish, then visualization is a powerful tool you should not ignore. If you want to learn more, then please keep reading this guide.

For additional information and tips for Visualization go to our blog:

<https://www.mjohnstonconsulting.com/blog>

- [10 Days of Simple Visualizations to Curb Stress and Anxiety So You Can Build the Life You Want](#)
- [5 Lessons from Great Athletes Who Use Visualization for Success](#)
- [4 Techniques to Use Visualization for Better Relationships](#)
- [3 Ways to Crush Bad Habits Through Visualization](#)

THE BIGGER PICTURE

This exercise is as simple as it is powerful. All you need to do is envision what a **normal day** would be like in your **ideal life**. You don't want to focus on some crazy once in a lifetime type of day. Instead, focus on what your normal day would be like.

- What is your morning routine like?
- Where do you live?
- Who do you live with?
- Do you have hobbies?
- Do you have pets?
- What's your day job like?
- What's your weekend like?
- What did you have with dinner? Who did you have it with?
- Etc...

While these may be considered mundane to some, these are the type of events that make up the vast majority of our lives.

Be as specific as possible.

We have left a few pages for you to use but you can also do this on any app or your own notebook if you need more space.

A Normal Day in Your Ideal Life

A Normal Day in Your Ideal Life

A Normal Day in Your Ideal Life

SPECIFIC GOALS

Now that you have envisioned your life in general, it is time to focus on some more specific goals. Even if you aren't a traditional goal-setter, you likely have things you want. This exercise is going to help you be more specific about what you want and why you want it. That in turn, will allow better visualization.

<p>Goal</p> <p>Remember to be specific – you don't want to lose weight. You want to lose X pounds by Y date.</p>
<p>I Want This Because</p> <p>I will feel better about myself and be healthier.</p>
<p>What my Life Will Be Like When I Reach It</p> <p>Think about the <i>Bigger Picture</i> exercise we did in the last chapter and apply that same thinking to this goal. Write down as specifically as possible what your life would be like when you reach that goal.</p> <p>This is the thought you should focus on and visualize as often as possible.</p>

Goal

I Want This Because

What my Life Will Be Like When I Reach It

Goal

I Want This Because

What my Life Will Be Like When I Reach It

Goal

I Want This Because

What my Life Will Be Like When I Reach It

Goal

I Want This Because

What my Life Will Be Like When I Reach It

Goal

I Want This Because

What my Life Will Be Like When I Reach It

CONSISTENT REPETITION

Visualization isn't a one-off thing. It is a process that requires patience and practice. You need to make it a part of your daily routine. You need to figure out creative ways to keep your dreams on your mind.

Affirmations

Affirmations are a great way to keep you goals in your mind, and a powerful tool for boosting confidence as well. An affirmation is a phrase or mantra that you say and repeat to yourself regularly. Your affirmations can focus on you "I am going to accomplish big things" or on your goals "I will lose 5lbs this week".

Jot down potential affirmations help you focus on the goals you identified.

Affirmation

Affirmation

Affirmation

Affirmation

Affirmation

Journaling

Journaling is one of the most powerful self-help tools out there. It can help you a wide variety of ways, but it is especially helpful when visualizing. Instead of just thinking about your goals and ideal life, you can write them down in vivid detail. **If you are interested in trying this, ask yourself a few questions:**

What Do You Need to Start Journaling?

How Can You Get It?

How Often Will You Journal?

What is the Best Time for You to Journal?

Set a Firm Date to Start! _____

A Vision Board

A vision board is a wonderful way to keep your goals in mind. It is especially effective because you use pictures which are obviously tied to visualization.

A vision board is simple. You just find pictures of the things you want and you add them to your vision board. You can be as fancy or lowkey as you want. It is your board and your visions.

The best bet is to keep your board hanging somewhere you see it often.

Brainstorm a list of things you could add to your vision board.

My Vision Board Would Include:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Now, get whatever materials you need, find the right images, and start building!

CONCLUSION

Visualization is a powerful tool in anyone's arsenal.

As this workbook shows, visualization isn't just for athletes or CEOs, anyone can tap into its power.

This book is only the beginning though. The real power of visualization is up to you. If you commit to it as part of your routine, you will see the benefits. They may not be right away, and they may not be exactly how you visualized – but they will be real.

Thank you for taking your beginning steps with us, it's up to you now.

To a new you! Someone who uses visualization to manifest their ultimate desires.