

Kicking Goals with Visualization

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If you've spent any time researching techniques for personal success, then you've probably come across the techniques of both [goal-setting](#) and visualization. Goal-setting is a basic life skill and can be used for anything from getting up earlier each morning to not eating too much chocolate. Visualization has only been well understood since modern sports training techniques have delivered stunning results by including structured "imagination" sessions in formal training plans.

But have you ever considered utilising visualization during the process of goal-setting itself..?

I've met plenty of people who have been able to list off their "goals" without pausing for breath, however when I asked how close they were to completing their goals, it became obvious that they were talking about their dreams - an entirely different topic. Goal-setting is, in essence a contract with ourselves. It's the fundamental difference between [dreams and goals](#), since once we've written down a goal and signed up to its success there's a physiological stake that drives us to make the goal reality.

So we're now at a point where we know that establishing our Objectives in different areas of our lives (Health, Family, [Financial](#), Career, Education, etc) is the first step on the road to personal success... unfortunately it's a step many people find very hard to take.

Staring at a blank piece of paper trying to summarise all our competing dreams and wild ideas can become such a daunting task that we never overcome the energy barrier and take action. This is where we can harness the power of visualization even before we've clearly articulated our goals.

What..? Am I crazy..? "How can I successfully visualize my success when I haven't even properly defined my goals?" I hear you scream. Well how about closing your eyes, and taking 5 minutes to visualize the activity of actually writing those goals in the first place..?

Visualization is basically the practice of creating a strong mental image of a desired outcome. For a sprinter this may be creating a mental image of the finishing tape breaking across their chest. For a sales person this may be creating an image of receiving the Number 1 Sales award for the quarter. Visualization is based on the fact that the human brain cannot clearly distinguish between a memory of reality and a vividly imagined event.

We can take advantage of the power of visualization to kick-start the goal-setting process itself! Imagine yourself completing a list of goals. Imagine yourself reviewing you life objectives. Imagine yourself tracking progress against your plan. Then once you have these images firmly fixed in your mind, pick up a pen and experience how easy it now is to jot down a list of Goals.

The amazing thing about using visualization to aid in goal-setting is that the process can be repeated an unlimited number of times!! Once you have made a start, you may find that breaking down your high level goals into [achievable activities](#) becomes another sticking point. Put down the pen, close your eyes and visualize the desired outcome - perhaps a page with columns listing a goal at the top, and a list of activities required to achieve that goal.

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