



## Visualization

Visualization is a powerful technique to use for long term success. Brain research shows that doing visualization exercises can actually train the brain for success.

There are several important components in creating a successful visualization. Use this outline to develop yours whenever you have something you want to be successful at.

Step 1: Choose an outcome that you desire (eating healthy at a restaurant, overcoming a food craving, etc.)

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Step 2: Close your eyes and picture yourself in the environment where the visualization will take place.

What do you see/hear/smell/feel? \_\_\_\_\_

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Step 3: Now, picture the challenge coming up.

Step 4: Visualize yourself overcoming the challenge (plan what you will do ahead of time)

Step 5: Think about what you will feel afterward. What do you do/say/think?

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Step 6: Celebrate! Congratulate yourself!

Now repeat several times throughout the day and enjoy your success

