



# VISUALIZATION

SELF-REGULATION SERIES

# VISUALIZATION

Did you know that visualization is a powerful tool to enhance your skill, change your emotion, achieve your goals, and realize your ambitions?

Visualization involves actively making mental representations of the desired outcome and rehearsing it regularly and consistently. Studies show that visualization alters brainwave activity and biochemistry (Berk et al, 2015), boosts confidence, enhances mood, helps the healing process, and brings positive effects on your performance (Smith & Laurencius, 2018). This worksheet works best for the first four conditions, but practicing regularly will provide you with the ability to master all of them and accomplish a fulfilling life.

The goal of this worksheet is to help you understand how to do visualizations and guide you so you can visualize effectively.

# STEPS FOR VISUALIZATION:

1

## PURPOSE

Have a clear idea of the goals you want to achieve. Make sure they are aligned with your values.

2

## IMAGINE

Create a detailed vision in your head of your surrounding.

3

## RELAX

Enter a meditative and calm state.

4

## SENSING

Use all of your senses to visualize every detail of your ideal outcome.

5

## OUTCOME

Visualize the positive reaction you want by adjusting everything to be the most compelling.

6

## REPEAT

Rehearse this technique regularly.

# REASON

Visualization works best when you know exactly what you want and the reason why it is important for you to do it.

Before you continue to exercise visualization, answer these questions:

The reason I'm doing this is to:

This exercise will help me to:

# WORKSHEET

Now that you know your reason, use this worksheet to help you practice visualization. Visualization works best when you create a detailed version in your head about the situation. Use all your five senses!

1. The goal that I want to achieve is \_\_\_\_\_

2. The environment I will be in is \_\_\_\_\_.

3. Visualize your context using all your senses!

a. Sounds

i. What sounds do you hear? \_\_\_\_\_.

ii. On a scale of 1-6, how loud is it? 1 2 3 4 5 6

b. Light

i. What is the light source? Artificial / Natural

ii. What is the colour of the light? \_\_\_\_\_.

iii. On a scale of 1-6, how bright is it? 1 2 3 4 5 6

c. Scents

i. What scent(s), if any do you smell? \_\_\_\_\_

ii. On a scale of 1-6, how strong is it? 1 2 3 4 5 6

d. Other sensations

i. What other sensations are you feeling? \_\_\_\_\_.

# YOU'VE GOT THIS!

Keep in mind that mastery comes about through the repetition of simple skills done well. Practice regularly & you'll experience a gradual improvement in your skill.

*'We are what we repeatedly do. Excellence, then, is not an act, but a habit.'*

*—Aristotle*