



The Art of Visualization

Show Notes for The Fun Road Podcast:

Before you create something, do you have a vision of what you want it to look like?

How you think about your outcome has just as much to do with how you do it physically. For example, before divers dive off the diving board, they visualize the dive, they visualize the entry into the water. They have to practice the dive and the skill with physically and mentally. Have you ever tried to visualize something in your own life in that way? We sometimes lose sight of the value our mind has on our future.

In this episode, we are going to take you through a visualization exercise. This is a small and simple exercise that doesn't take a lot of time, but can greatly impact your thoughts. We want you to think of your future. Using your breath, we want you to concentrate, and visualize the people in your life, where you are, what you're doing, even down to the small details of what you're wearing. Can you see it?

We want you to take that vision and version of yourself, and launch it 10 years into the future. Even 20 years. What is it like being you? Have you created what you want in your life? The great thing about your life, is that it's yours. YOU don't have to be a passenger in your life. You can take control of the wheel. Don't become the victim. Life is there waiting for you!

Don't be afraid to let emotions out that may come to the surface during this exercise. If you feel like crying, don't be afraid to cry. If you feel like jumping up and down, jump up and down! And mostly, don't forget to tell people in your life that you love them. It can have a greater impact on you than you think.

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