

Becoming a Goal Achiever

Session 11 (16)

Imagineering



*"Your imagination is your preview
of life's coming attractions."
-- Albert Einstein*

*If you can dream it, you can do it.
-- Walt Disney*

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It all starts with Imagination

What you see around you has once started as an idea in someone's mind. The chair you sit on, the lamp, the window all started with an idea, before it took physical form. Edison imagined he could illuminate the world and the Wrights brothers imagined a vehicle flying in the skies as light as a bird. Eventually mankind could by use of their idea dominate the skies.

**"When you see a thing clearly in your mind,
your creative "success mechanism" within you takes over
and does the job much better than you could do it
by conscious effort or willpower."**

-- Maxwell Maltz

Visualization

Visualization is used extensively in sports psychology. With visualization, you attempt to see the desired result in front of your inner eye.

- "By visualizing your goals, you can get your subconscious to work toward making these mental pictures come true." -- Success Magazine

Creative visualization is the technique where you use your imagination to visualize specific behaviors or events occurring in your life. In creative visualization you create a detailed schema of what you desire and then you visualize it over and over again with all of the senses (i.e., what do you see? what do you feel? what do you hear? what does it smell like?). For example, in sports a golfer may visualize the "perfect" stroke over and over again to mentally train muscle memory.

**Everyone visualizes.
Losers visualize the penalties of failure.
Winners visualize the rewards of success.**

-- Dr. Rob Gilbert

You can try out your ideas by visualizing them in action.

In one of the most well-known studies on Creative Visualization in sports, Russian scientists compared four groups of Olympic athletes in terms of their training schedules:

- Group 1 = 100% physical training;
- Group 2 - 75% physical training with 25% mental training;
- Group 3 - 50% physical training with 50% mental training;
- Group 4 - 25% physical training with 75% mental training.

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Which one do you think performed the best?

The best performing group was Group 4, with 75% of their time devoted to mental training and 25% physical training. It has been said that the Soviets had discovered that mental images can act as a prelude to muscular impulses.

Imagineering to visualize your goal

Imagineering uses your full imagination, not merely visualization. In imagineering you not only **see** the objective clearly, you not only **see yourself in relation** to your objective clearly. Using imagineering properly you imagine **being** the core essence of the objective. You imagine **being one with** the objective. You repeat the process, often.

The more persistent you can be, the sooner your paradigm will get dominated by the emotions created by the new image, as opposed to earlier emotions triggered.

Imagineering is a form of mental engineering which at the same time actively invites intuition to join the party and contribute, when possible.

Let us taken an example of trying to improve balance while doing the plane exercise for balance:



A) In this position I could **visualize** by seeing myself doing this pose perfectly standing like a plane on one foot with body bent over forwards and hands stretched out.

B) I could also **imagine** myself doing this pose, noting how I can balance on one leg, bend over forwards, attempting to feeling the weight in perfect place and hands stretched out.

C) I could **imagineer** by saying to myself: I am balance. Then the rest falls into place much easier.

You need to vitalize your vision! You need to make your dreams of reaching your goal so vividly real that when you actually reach that goal, it will feel as if you've done it many times before.

Mentally imagine you are buying the business or applying for the job that will earn your fortune. Review each step you'd take, the obstacles you might meet, how you would solve them. Continue imagining each step until you mentally reach your wealth goal.

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Exercise:

Brainstorm what pictures, photos, things etc could be placed on your vision board:



It is true that a caterpillar can fly, however not as a caterpillar. A caterpillar has to be willing to go through a transformation. There are imaginal cells in the caterpillar that begin to activate the transformation.

Now at first the caterpillar's memory of what the caterpillar is, or its immune system, fights those imaginal cells. Finally, and because they are of a higher power, those imaginal cells take over and the caterpillar starts the transformation that eventually brings forth the butterfly.

So my friend what is your butterfly? What is seeking to emerge out of you this day? What is that butterfly?

You can fly. You can do whatever it is that is burning in your heart and yearning to come forth. But you are not likely to accomplish it with the present image you have of yourself. Otherwise, you would already have accomplished it. Embrace change. Love change. Adapt and thrive!



Persistence

When I grew up during the 70:ties in Sweden, Ingemar Stenmark won the majority of the downhill skiing events where he participated. During his competitions, much activity in the schools and workplaces stopped for some moments to enjoy his effort. Televisions sets where rolled into the classrooms, Radios where switched on and he had all attention. He is known for these two comments that so well reflect his winning self-image.

- **"I don't know anything about luck, just that the more I train, the more luck I get"**

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Some people carry on in spite of challenges, and finally reach what they really want. However most people give in at first sign of resistance, usually due to:

- Lack of faith, or trust
- Ignorance of the Law of Gender
- Lack of purposefulness and
- Lack of a clear WHY!
- Lack of persistence is the most common reason for failure

If you feel problems with persistence, you may choose to follow the following recommendations:

- Refine your goal so that it becomes more inspiring.
- Socialize with supporting people who believe in you.
- Use autosuggestions until you get support by your subconscious autopilot.

Homefun until next time

You maximize your investment in this course by doing the homework in between sessions. This time I encourage you to:

1) Finish the exercises in this workbook!

2) Make a picture of you and your goal:

- a) Collect photos, pictures from papers / the net etc.
- b) Compose a vision board with paper and scissors or by PC (Powerpoint, Photoshop or whatever you can lay your hands on)
- c) Put it somewhere you see it daily and regularly.

3) Imagineer your goal:

- a) Allow yourself to feel like you have already attained your goal.
- b) Fill the image with color, shape, smell, sound ...
- c) Imagine how you talk, walk, feel and act as if the goal were already fulfilled.



4) 3R:s exercise:

- a) Review the learning points
- b) Re-think your action steps
- c) Refine your goal in writing if needed

5) Watch the video or listen to the audio again. Preferably daily.