

# Visualization Worksheet

The **purpose of visualization** is to invoke the power of our **imagination** to create the images, feelings, thoughts, sensations, and emotions as if we are presently experiencing our designed-life dreams in reality.

## What We're Doing Here

This worksheet exercise is intended to **assist you in drawing out** what this vision of your idea life looks like. It **may take time**, but with practice, you will find you gain more and more clarity as you decide **what you include** in your description and, more importantly, **what you leave out**.

Imagine and state your vision with the following things in mind...

- **Present tense** – You must create the scene in your mind as if you are actually there and have realized your dream. Your subconscious mind cannot differentiate between real and imagined. Experiencing this imagined reality will powerfully program your subconscious to direct your life in this direction
- **Emotions** – Feelings and emotions drive action and make things real. Your intention will be to create as strong emotions associated with your vision as possible. Strong, positive emotions.
- **Specific** – Be very detailed and specific. The more specific the better. Clarity comes when you see details. You are the creator. The more real the vision the closer to reality it will come. You may need to do some research to assist you.
- **Images** – Your mind sees in images, so include any imagery of what things look like. The more the better.
- **Sensations** – Engage all your senses in your vision. Make it as real as possible. In addition to sight, add what you hear, smell, taste, touch, the warmth, the sensations. Paint the mood of the scene with all your sensations.

## Statements and Declarations

We are going to make statements and declarations to assist in programming our designed success and dreams into our subconscious minds. Words are powerful. It's okay if your statements are not true yet. Remember, we are imagining being there, so we can experience the feelings, senses, and emotions.

## Areas

We will first clarify each area of our designed life's vision: (1) your life's **purpose**, (2) **character**, (3) **lifestyle**, (4) **health**, (5) **relationships**, and (6) **wealth**. From this, you may also clarify a highest **priority goal** (what you are currently focused on).



Use this page to begin to clarify what you want your life to be like in the 6 following areas...

# My Vision

## Who I Am

### Lifestyle

Describe your dream lifestyle.

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### Purpose

Write your purpose statement.  
How do you contribute and serve?

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### Character

What kind of a person do you want to be? (personal development)

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### Health

Describe your ideal level of health and wellness.

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### Relationships

Describe your relationships.

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### Wealth

Describe your financial goals.

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## Highest Priority Goal (where you put your main focus now)

State your current priority goal in present tense: "I am ..."

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Imagine you have completed this goal. What does it look like?

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Describe what you see it in detail. What do you see?

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What do you hear?

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What do you smell, taste, touch, feel?

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What emotion do you experience? Feel the emotion strongly now.

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How has achieving this brought happiness or joy into your life?

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Declarations - state your declarations for this goal. "I am..."

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## Life's Purpose

State your current priority goal in present tense: "I am ..."

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Imagine you have completed this goal. What does it look like?

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Describe what you see it in detail. What do you see?

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What do you hear?

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What do you smell, taste, touch, feel?

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What emotion do you experience? Feel the emotion strongly now.

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How has achieving this brought happiness or joy into your life?

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Declarations - state your declarations for this goal. "I am..."

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## Character

State your current priority goal in present tense: "I am ..."

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Imagine you have completed this goal. What does it look like?

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Describe what you see it in detail. What do you see?

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What do you hear?

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What do you smell, taste, touch, feel?

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What emotion do you experience? Feel the emotion strongly now.

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How has achieving this brought happiness or joy into your life?

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Declarations - state your declarations for this goal. "I am..."

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## Lifestyle

State your current priority goal in present tense: "I am ..."

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Imagine you have completed this goal. What does it look like?

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Describe what you see it in detail. What do you see?

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What do you hear?

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What do you smell, taste, touch, feel?

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What emotion do you experience? Feel the emotion strongly now.

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How has achieving this brought happiness or joy into your life?

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Declarations - state your declarations for this goal. "I am..."

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## Health

State your current priority goal in present tense: "I am ..."

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Imagine you have completed this goal. What does it look like?

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Describe what you see it in detail. What do you see?

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What do you hear?

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What do you smell, taste, touch, feel?

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What emotion do you experience? Feel the emotion strongly now.

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How has achieving this brought happiness or joy into your life?

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Declarations - state your declarations for this goal. "I am..."

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## Relationships

State your current priority goal in present tense: "I am ..."

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Imagine you have completed this goal. What does it look like?

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Describe what you see it in detail. What do you see?

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What do you hear?

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What do you smell, taste, touch, feel?

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What emotion do you experience? Feel the emotion strongly now.

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How has achieving this brought happiness or joy into your life?

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Declarations - state your declarations for this goal. "I am..."

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## Wealth

State your current priority goal in present tense: "I am ..."

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Imagine you have completed this goal. What does it look like?

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Describe what you see it in detail. What do you see?

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What do you hear?

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What do you smell, taste, touch, feel?

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What emotion do you experience? Feel the emotion strongly now.

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How has achieving this brought happiness or joy into your life?

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Declarations - state your declarations for this goal. "I am..."

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