

## *Visualisations:*

Regular visualisation helps to focus your mind on what you want. One of the problems many people face when aiming for goals is they lose focus, becoming distracted by the goings on of life.

When you visualise on a regular basis, especially if you set aside some definite time each day, it focuses your mind.

I use a vision board which is a collage of images, pictures, and affirmations of my dreams and desires, designed to serve like a source of inspiration and motivation giving me clarity and focus.

I find this a really useful tool to keep me on track so I can remember what I am working towards. When the going gets tough, one look at my vision board, gives me the clarity I need to keep moving forward.

It also really helps me to read something I wrote at the beginning of my personal development journey. I wrote a paragraph of my perfect life, written with statements such as “I am now the mum I aspire to be, I am now pain free and able to take part in sponsored walks. I am full of energy and happy.

Following that I wrote a paragraph of my perfect day detailed with as much specific information as I could get in there. From the moment I awake to the moment I go to bed. I positively state what I’m doing with my time and this means my mind knows what I should be doing, therefore, if I start to procrastinate, I am aware on an unconscious level that I need to stop and keep going were the schedule.

Eg. I wake at 6, have a hot bath where I practise my affirmations, visualisations and self hypnosis. Once dried and dressed lite yoga before breakfast, followed by a gentle dog walk etc etc.

**What images will you place on your vision board?**

**Write a paragraph for each:**

**My Perfect Life & My Perfect Day.**

**Where will you place them in the home so they have the biggest impact?**

