

A woman with long brown hair is shown in profile, smiling and looking to the right. She is holding a dark purple mug. The background is a kitchen with white subway tiles and a white countertop. On the countertop, there is a wooden tray with coffee-making supplies, including a green-handled grinder and several jars. A brown towel is hanging on the right side. A dark purple rectangular overlay is centered on the image, containing white text.

III

*Guides*

## Visualising Success

Harness your mind's  
power to make your  
health goals a reality

# WHY MINDSET MATTERS

## For Health Goals

What if the key to reaching your health goals wasn't just in what you eat or how you move - but in how you think? The mind is powerful and shapes your actions, habits, and ultimately, your results. That's why if you want to succeed at *any* goal, step one is to work on your mindset.

### The Role of Mindset in Health Goals

Simply put, your mindset is the lens through which you look at the world. It's the collection of beliefs, assumptions, and attitudes you carry that influence how you view yourself, life, and how you handle challenges.

And your mindset has a HUGE impact on how you approach your health, wellness, and fitness goals.

Your mindset can either **propel you forward** or *sabotage* you right off the bat.



### Positive Mindset vs Negative Mindset

No matter what your goal is, whether it's to build muscle, eat less sugar, or lose weight, obstacles are bound to pop up. And your mindset *greatly* influences how you handle those setbacks.

If your mindset is **positive**, you'll see *setbacks* as temporary challenges and keep pushing on. But if your mindset is **negative**, you'll view obstacles as failures and give up altogether. Building a positive mindset will make you more likely to commit to the routines and habits it takes to achieve your goal. And visualisation is a powerful tool to do that!



# VISUALISATION 101

## The Basics

Visualisation is creating positive mental images about what you'd like to achieve. Also known as mental rehearsal or guided imagery, it's using your imagination to picture a desired outcome.

### Why Visualisation?

Science shows that picturing what you want can **increase your chances of success**. That's why Olympic athletes often visualise their goals - whether it's crossing the finish line first or scoring the winning goal. It preps their minds to succeed.

But visualisation isn't just for professional athletes. This practice can help *anyone* achieve their goals - whether it's to clean up your diet, get in shape, or handle stress better.

Visualisation trains your brain to **stay focused, motivated, and confident** as you journey toward your goals. This guide will show you how to tap into that power, with simple exercises to bring your health and wellness goals to life.

### Benefits of Visualisation

Practiced regularly, visualisation can help:

- Reduce stress
- Improve decision making
- Boost confidence
- Fuel motivation and inspiration
- Enhance performance
- Improve mood
- Adopt healthier behaviours



# VISUALISATION

## Key Concepts

Before we dive into the steps to visualisation, let's touch on the science first.

### Why Visualisation Works

Picturing an event in your mind's eye lights up the same neural pathways in your brain as if that event actually occurred. *Seeing truly is believing!*

Each time you imagine a desired outcome, you **rewire your brain**. But consistency is key. Visualisation works best when practiced every day - even if it's just for a couple of minutes.



The more you prime your subconscious to expect positive results, the more likely they become your reality. And there are a couple of different ways to do this:

### Types of Visualisation Exercises

#### Outcome Visualisation

With this technique, you imagine your desired end goal as if it's happening right now. Outcome visualisations can keep you motivated and inspired as you work towards your goal.

#### Process Visualisation

With this technique, you picture yourself taking the steps needed to reach your goal. This can include visualising daily habits, routines, and how you'll handle obstacles along the way.



# HOW TO VISUALISE

## Step by Step

1. **Get clear** - Pick one specific health goal to focus on. Think about *why* you want to achieve it and jot it down in your journal or notebook.
2. **Create a "mind movie"** - Find a quiet spot and close your eyes. Take a few minutes to picture in detail what life will be like once you've attained your desired goal. Or imagine the steps you'll take to get there.
3. **Engage your senses** - Create a vivid picture, engaging all your five senses. Imagine as much detail as possible, including what you're wearing, the expression on your face, and the environment around you.
4. **Feel the feels** - Imagine the emotions you'll feel when that desired goal has become your reality. Let yourself feel each moment as if it's occurring right *now*.
5. **Live as your future self.** Let that visualisation guide you as you go about your day, taking actions that align with your future self.

*"You create a vision of who you want to be, and then live that picture as if it were already true."*

-Arnold Schwarzenegger-



# VISUALISATION

## Mindset Blocks

Resistance often pops up anytime you're trying to make a change. That's because *the brain craves familiarity*.

Since visualisation involves **imagining new possibilities**, your brain may pull some tricks when you start this practice.

Knowing what to expect can make a big difference and help you stick with your visualisations. Here are some mindset blocks that may pop up when you start visualizing your goals, and how to handle them.



## Visualisation Setbacks

- **Overthinking** - While the last page included a visualisation template, there's no "right" or "wrong" way to visualise. Overthinking things can prevent you from enjoying the process. As long as you're engaged and imagining positive outcomes, you'll see benefits.
- **Getting distracted** - First of all, this is totally normal, so try to be easy on yourself. If you have trouble staying focused, try speaking your visualisation out loud like you're telling a story. This can help you stay on track and not get distracted by to-do lists and other random thoughts. You can even record it on your phone and replay it.
- **Judging yourself** - If thoughts pop up like "I'm no good at this," or "This is too hard," just know that's your mind doing its thing. Simply notice it and gently bring yourself back to your visualisation practice. The more you do it, the easier it gets!



# VISUALISATION

## *Helpful Tools*

Want to enhance your practice? Or simply want more options? The following tools complement visualisation perfectly:



### **Guided visualisation meditations**

If you're not ready to DIY your visualisation practice yet, guided meditations can be a great starting point. Consider trying this [6-Phase Guided Meditation](#) from Mindvalley creator Vishen Lakhiani. Or download the app Insight Timer, which has tons of free guided visualisations.



### **Create a vision board**

A vision board is a collage of images, words, or quotes that represent your goal. This can be a helpful reminder of what you're working toward and inspire you to keep taking action. If you're new to vision boards, [this article](#) will walk you through it.



### **Journaling**

If mental rehearsal isn't your thing, but you love to write, try journaling your visualisations instead. For example, consider giving the "Perfect Day" exercise a try. This visualisation technique involves writing out an ideal day in your dream life in vivid detail. You can learn more about it [here](#).



# VISUALISATION CHECKLIST

*Summing it Up*

Ready to harness the power of visualisation and make your health goals a reality? Here's a handy cheat sheet with tips to help you get started:



**Be consistent:** Like most healthy habits, visualisation works best when practiced consistently. And a little goes a long way. It's better to do 2 minutes every day, than 20 minutes once a week.



**Ideal times to visualise:** You have more access to your subconscious first thing in the morning and right before bed. This makes these ideal times for visualisation. That said, squeeze it in whenever works for you!



**Paint a vivid picture:** Remember, the more details you include, the more impactful your visualisations will be. Use your five senses and imagine what you see, hear, smell, taste, and touch in your mind. This blurs the lines between your imagination and reality, as well as tricks your brain into believing you already achieved your goal.



**Emotion matters:** Strong emotions make visualisation far more powerful. When visualizing, tap into the feelings of freedom, excitement, and positivity you'll feel once you've achieved your goal!



**Try different options:** Play around with different visualisation tools until you find the ones that work best for you. This could involve journaling, guided visualisation meditations, vision boards, or saying your visualisations out loud.

