

Imagine what you want as if you already had it now

Step 1: Eyes to the top right corner – imagine what you see

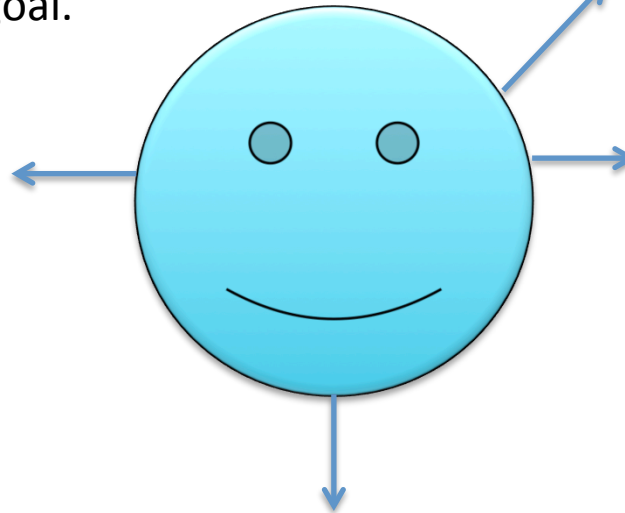
Step 2: Eyes to the right ear – imagine what others say about you when you achieved your goal

Step 3: Eyes to the left ear – imagine what you say to yourself

Step 4: Eyes to the ground – imagine what it would feel if you already achieved your goal.

Eyes to the top right:
Images, see yourself, what you wear, your hair, your skin, eyes, notice your surroundings, see as many details as possible

Eyes to the middle right:
imagine what others say about you when you achieved your goal – words, questions, sounds.
Hear as many details as possible



Eyes to the middle left: imagine what you say to yourself – inner dialogue, your response in conversation, music playing etc.
Hear as many details as possible

Eyes to the ground:
Imagine all the feelings and characteristics of the feelings – intensity, positions, shape, texture, temperature, etc. Feel as intensely as possible

List: My Goals

Area of your life (Finance, relationship, health, etc)	My Goal	What I see when I know I have now achieved my goal	What I hear when I know I have now achieved my goal	What I feel when I know I have now achieved my goal
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