

VISUALIZE YOUR INTENTION

VISUALIZATION BRINGS THE FUTURE INTO FOCUS EXACTLY AS YOU WANT IT TO HAPPEN. IT IS A GREAT WAY TO SET A CLEAR INTENTION FOR YOUR NEXT STEP IN A PROCESS OF COMPLETING A TASK OR PROJECT FOR WHICH YOU MAY FEEL SOME RESISTANCE.

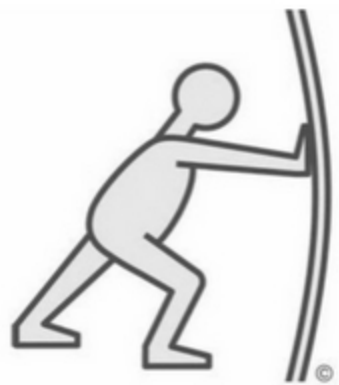


**1. SIT COMFORTABLY,
CLOSE YOUR EYES,
RELAX.**

**2. VISUALIZE FROM
MEMORY THE FEATURES
OF A FAMILIAR ROOM.**



**3. VISUALIZE YOURSELF
COMPLETING A FAMILIAR TASK
IN A FAMILIAR SETTING.**



**4. SELECT A TASK
TOWARD WHICH YOU
FEEL SOME
RESISTANCE.**

**5. VISUALIZE YOURSELF COMPLETING
THE TASK EASILY AND ENJOYABLY.**

REPEAT SEVERAL TIMES.