

CREATING A COMPELLING VISION

The following exercise involves walking up and down an imaginary line on the floor, so you might want to find a private place to try it out in!

It will probably be easiest to print these instructions and spend a little time familiarising yourself with them, so that you can then do the exercise with the minimum amount of interruption and distraction.

1. Stand where you have some space in front of you, about 3 - 4 metres should be enough.
2. Imagine that time is a line running through your body so that the past is behind you and the future is in front (take a while for this to sink in).
3. Now imagine that your "timeline" is on the floor and you are standing in/on the present moment. Fix the line to the floor so that you are able to take 2 steps, sideways to your right, leaving the line where it was.
4. Turn to face the line and imagine time laid out there - the past running towards your left (perhaps through the wall!), the future to your right and the present immediately in front of you.
5. Look to your right and imagine the future place where your goal has been achieved (e.g. non-smoking, free of debt or written that book). Now, walk alongside your timeline, towards the future, until you can step into that place of success.
6. Standing on the timeline, at the point where your goal is achieved, face the future direction. Imagine what you would see at that time - what you would be hearing - what you would be feeling. In your mind's eye, look at the faces and desirable things around you. Listen to the voices and other sounds that tell you that you've made it. Feel the "buzz" of success.
7. Really crank up the volume! Brighten the image and make the colours vivid. Soak up that fantastic feeling! Enjoy it!
8. When the excitement begins to fade, turn round and look back to the "present". Notice that there's a path leading to where you are. It doesn't matter if the details are unclear - just take in the certainty that the path exists.
9. Now, step off to the side and walk back to "now". Step in and slowly walk along the timeline until you're back at the point of achievement again. As you walk, feel yourself overcoming obstacles along the way. (Again, the details don't have to be clear.)
10. After you've re-experienced the place of success, step off the line, walk back and re-orient yourself in the present.

This exercise programs your unconscious mind to believe that the goal is achievable - and that it will be achieved. After all, you've been there!

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