



Day Five

© 2014 Freedom Junkie, LLC
All Rights Reserved

Visualization



Visualize the outcome of your goals and dreams by:

- Creating a vision board
- Creating an affirmation that changes the “self talk”
- Close your eyes and see yourself, your circumstances or your performance as you would like it to be, then FEEL what it will be like to have achieved that goal
- Tell yourself or someone else “the story” of how it will be when you achieve it!

It is important that you visualize often and consistently. You also need to believe that it is possible - that is why setting attainable goals with faith is important. Get help with formulating a goal you BELIEVE on the forum or group calls.

Visualization also needs to be detailed. A vision board can allow someone who is more visually oriented to visualize an outcome successfully. The clearer you draw the picture, the more precisely you see it! Whenever you see an image in a magazine that you are drawn to, cut it out and save it for a vision board. If you see a computer image, print it out. If you collect these image over time, you can create a gorgeous and inspiring vision board!

Cleanse Your Mind



Affirmation

I am allowed to be human and embrace the perfection of my imperfections - I strive to grow each day.

Thoughts

Write down 5 of your best qualities.

Journal



Thoughts, Feelings and Intuitions (Spiritual, Family, Inspirational)	
Gratitude	
Goals	
Fitness	
Joy	
3 signs of progress	
Something I will do better tomorrow to move me toward my goals.	