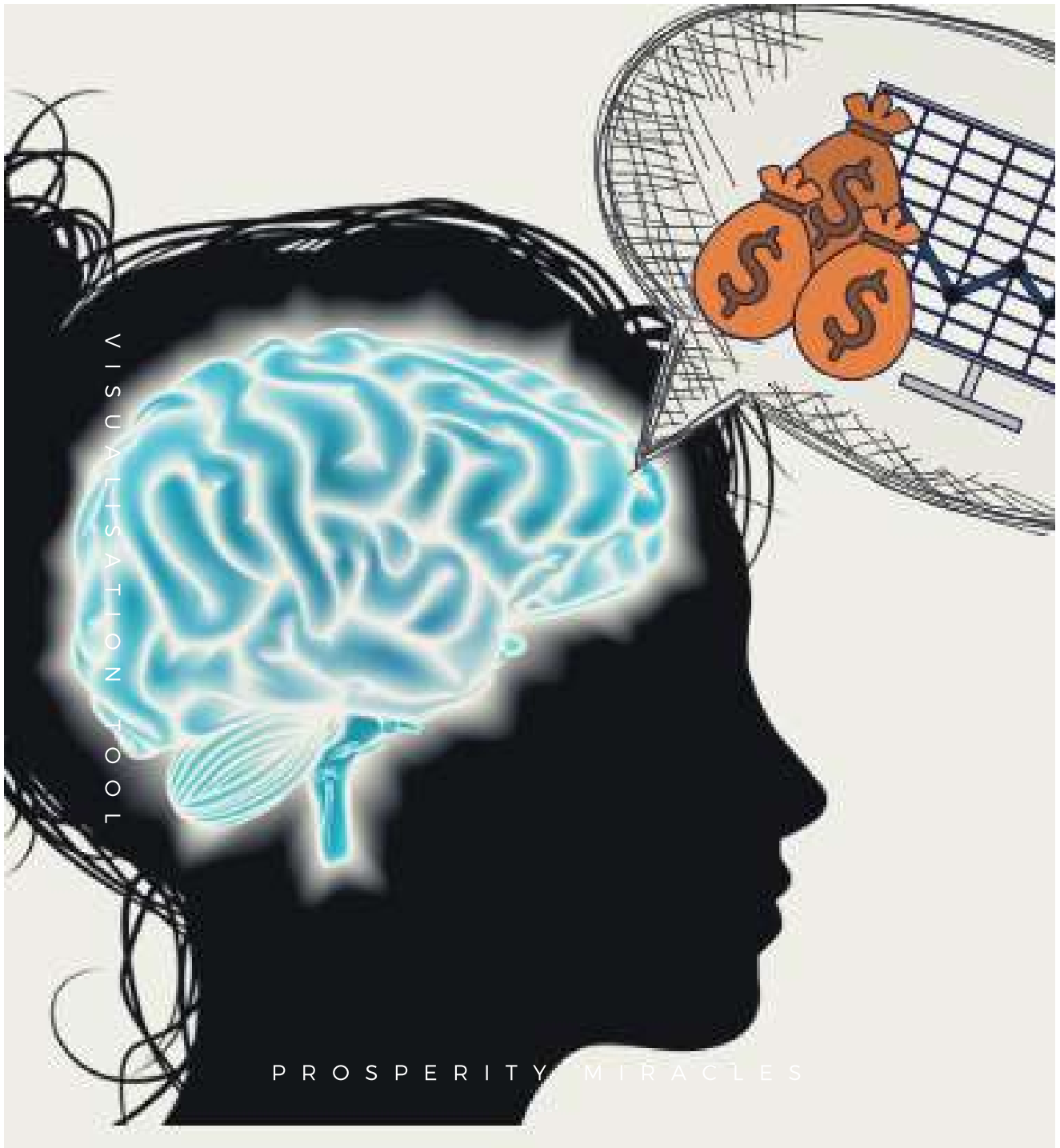


VISUALIZATION

AFFIRMATION TECHNIQUES



VISUALISATION TOOL

PROSPERITY MIRACLES

Disclaimer

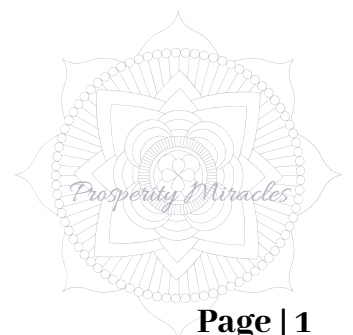
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What is Visualization?

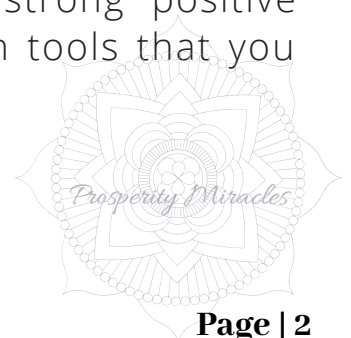
Using visualization techniques in your daily life can help to make the Law of Attraction much more powerful for you. It can help you to create an image in your head of everything you want out of life.

Plus, it tells the universe what it is you would like to attract in your life. For example, if you would like a promotion in your job, visualize yourself moving into a new office, with your name on the door, and receiving a big check.



What visualization does is help you to find your goals, focus and manifest them. This will then help you in creating a positive and motivated mindset.

Visualization involves creating images (which could be mentally and physically) showing your goals and your future as a strong positive message. However, there are many different visualization tools that you can use to do this



Importance of Visualization

First, let's take a look at why visualization is important.

Visualization can help you to create your dream life and visualization techniques have been used by many successful people to achieve their goals. There are various reasons why visualization is important and many benefits too:

- **Strengthen your motivation.** Visualization helps you to feel motivated and excited to create your dream life.
- **Program your brain.** Your visualization skills could help to program your brain into finding and recognizing how to manifest your dreams and goals. This can make it easier for you to start using the Law of Attraction.
- **Feel more confident.** The more that you're visualizing yourself achieving your goals and dreams, the more confident you start to feel.
- **Visualization can help with stress.** When you are visualizing, you are normally in a calm state of mind. This can help you to clear your mind, eliminating any worries and stresses you may have.

Here are some of the most popular visualization techniques to use and how to use them whilst practicing the Law of Attraction to achieve your dream life.



6 Visualization Techniques

2. Daily Affirmations

An affirmation is a simple statement that reshapes your beliefs and helps you move towards your life goals. Obviously, for this to work in your favor, they need to be positive affirmations.

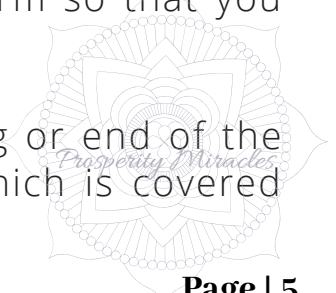
An affirmation is a repeated and spoken statement. However, you can also include visual affirmations too. An example of a spoken, daily affirmation would be if you stand in front of your mirror and say to yourself 'I love having a great job and being happy in my own skin'. You would use this affirmation if you are trying to find a better job and to feel happy with yourself.

The Law of Attraction works on the basis that your thoughts and energies are recognized by the universe, which is why if you can put positive affirmations and energy out into the world, the universe will respond to it

Repetition plays a big part in your daily affirmations. The more that we tell ourselves something, the more the message is accepted by our self-conscious and can be manifested in our lives. The idea of a visual affirmation is that there is a physical concrete form of your affirmation.

Examples of these would be:

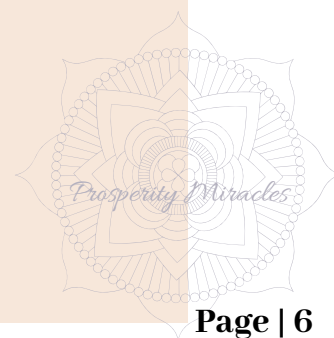
- Having your affirmations on signs and put up where you can always see them. It may also be a good idea to have your visual affirmation stuck near the area connected to your goals, such as a mirror if you are looking to improve your self-image and self-worth.
- Set up reminders on your phone, so that your affirmation regularly appears in front of you. This can also be set as an alarm so that you have daily reminders each morning or before you sleep.
- Repeatedly write out your affirmations at the beginning or end of the day. This can also connect with a gratitude journal, which is covered below.



6 Visualization Techniques

30 *Positive Affirmations to Live By*

1. I have the power to accomplish everything I need to do today.
2. I am enough.
3. Everything I do, no matter if it's a failure or a success, will lead me to where I need to be.
4. I am exactly where I need to be.
5. I am brave and resilient enough to take on any obstacle in my path.
6. My negative thoughts don't define me, and they are outshined by light.
7. I create opportunity and happiness wherever I go.
8. I love who I am in my own skin.
9. I am beautiful from the inside out.
10. I can excel in everything I do with determination, hard work, and bravery.
11. I am in control of my thoughts, feelings, and choices.
12. I am the only person who can decide who I am, who I become, and where I go from here.
13. I will attract great things by being my most authentic self.
14. What I love most about myself is [fill in the blank].
15. I give myself space to breathe in this moment and recognize there is beauty in life's pauses.
16. If I fall, I will rise up with wisdom and strength.
17. My past doesn't define my future; every day is a fresh start with a new beginning to make my own.
18. I am creatively inspired by my surroundings and life is my canvas.
19. I am capable of coloring outside the lines and living boldly.
20. On the path to the person I am becoming, I still love the person I am.
21. I have the power to make an impact in the world.
22. I am a trustworthy friend who shows up.
23. I am grateful to wake up healthy and whole today.
24. I give myself the care and attention I need to thrive.
25. I love my body and everything it is capable of doing.
26. I am deserving of abundance in my life.
27. I deserved to love and be loved.
28. I will be fearless today.
29. I wake up each morning feeling empowered.
30. My potential is limitless.



6 Visualization Techniques

3. Guided Meditations

Meditation is a great visualization technique as you are using visualization at a time that your mind is clear and present. When you meditate, you start to gain access to your inner self more than you probably ever have. As you will be fully present in that moment, you can truly focus on yourself and your goals and aspirations. You can use this time whilst meditating to visualize your goals, create a positive space and send out positive energy.

Meditating helps your brain release any negative energy. It also gives your brain the space to go wherever it wants, which is why this is very helpful when visualizing. You should be able to have strong visualizations though meditating as you are allowing your brain to do the work for you, whilst letting any negative energy go.

Check out our Affirmation Masterclass tracks in the Prosperity Miracles members area to get started on this, as meditation is a great visualization tool that you can use daily once you have sorted out a time dedicated to it.



Check this out in the Prosperity Triggers members area!



6 Visualization Techniques

4. Gratitude Journal

A gratitude journal is a great visualization tool that can help you to believe in your success and goals while also providing you with a positive mindset. A gratitude journal is where you write down everything that you are grateful for that day (if you are doing this daily - which we recommend!).

Each night before you sleep, write down 5-10 things that you were grateful for that day. Doing this keeps you in a positive mindset and makes you reflect on the good things in your life. By concentrating on creating a happy present experience, it also helps you to visualize your future, in a positive and meaningful way.

You can also look back at what you have been grateful for and take as many useful lessons and positives messages from them as possible. Reflecting on the good things about yourself and your life from your gratitude journal enhances your belief that you can, and deserve to, reach your goals.



6 Visualization Techniques

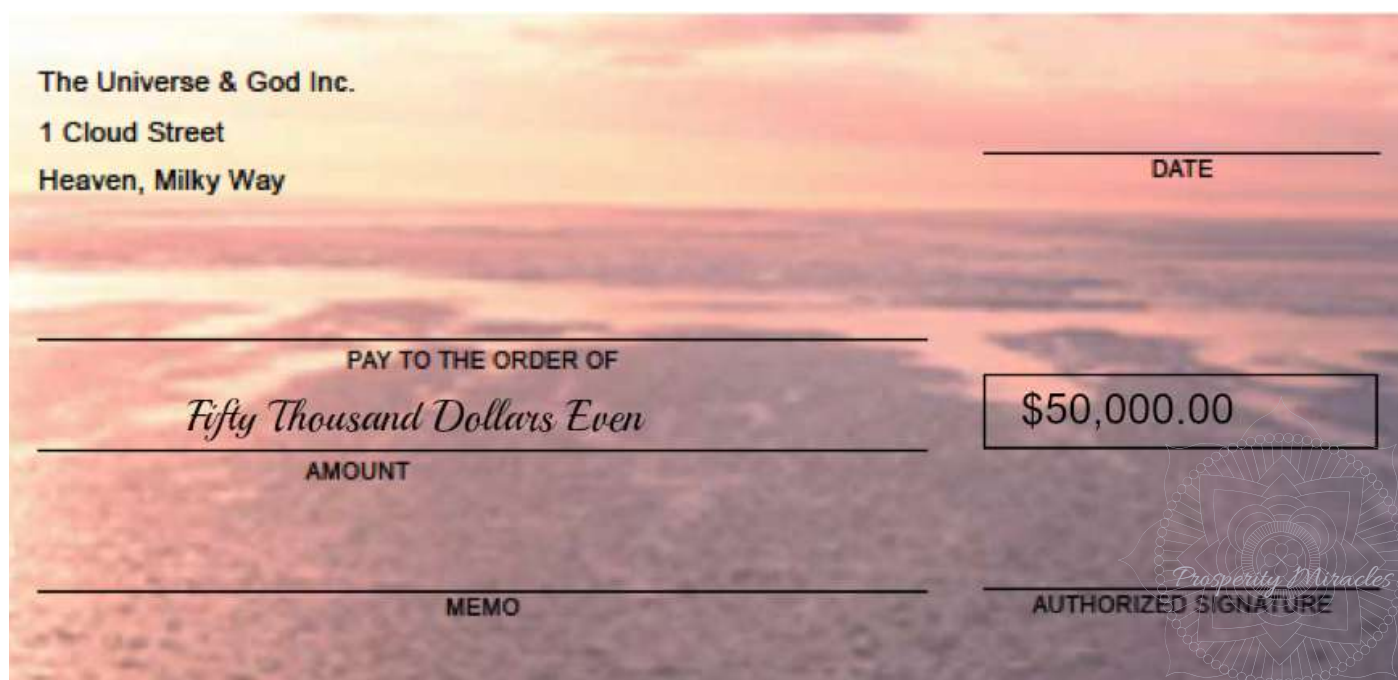
5. Magic Check

Another great visualization tool is to use what is called a Magic Check (also known as dream check). You can use this to attract wealth or financial freedom as well as much more.

The idea of this is to have a self-written check that is made out to you and clearly states what you want to achieve. This could be financial, but it could also be a goal such as landing a new job or finding your ideal partner.

A dream check is best put somewhere that you will constantly see it. This could be next to your bed or even in your purse. As mentioned, the dream check does not always have to be about finances if you don't want it to. Whatever your goal, write it on the check and make sure you feel good about what you are trying to manifest.

Fuel your check with as much positivity as possible and pretend that you have already received this sum of money or goal that you want to achieve.



6 Visualization Techniques

6. *Get Creative!*

Get creative with your visualization! Even if you are not an artsy person, you will be surprised to find how impactful it is to create art that visually represents your dreams. You can do this by painting, drawing, writing or even creating graphics on your computer. Some people will find this visualization technique better, as they have a creative outlet for their goals and dreams.

Just like a vision board, you can hang your art somewhere you can always see it. In fact, creating the art yourself will only make it more personal and unique to you.

