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.

Credit: The Executive and the Elephant, Richard Daft, Vanderbilt Executive Education Professor.