



### PART TWO: VISUALIZE YOUR EMOTIONS

In any situation in life you have to decide what kind of outcome you want to have. You have to ask yourself, what do I want out of this—because simply, that's the only way to empower your brain to give you the answers. When you really ask yourself just what you want to achieve, and those answers start coming: you're going to want those outcomes. In my last article we listed all your goals, all of the things you want to achieve with your life. The next step is all about one thing: wanting it. Sounds easy? And for you it could be, but it might be the hardest thing in the world for someone else. But it's the key: you gotta want it. Bruce Lee once said that you could accomplish anything "if you create a intense emotion behind your goals". This week's exercise is all about helping you generate some extra emotion into your goals, via the power of visualization.

In life, it's not about what we can do; it's about what we will do. Let's try a quick exercise here. Imagine a long endless road. This road is your life path. This might sound a bit cheesy, but just stick with me for moment. It's all important. You have to know your going somewhere. Visualizing this road is just a tool to get your mind imagining you in a position relative to your goals. So if you can, just picture yourself moving along this road in a car. Your car needs fuel to move forward. Now ask yourself, do you have the fuel to move forward? Are you living your life in a way where you are achieving your goals? Can you see yourself in the car moving along the road? Are you moving towards your goals—are you achieving your potential?

Think about where you are in life right now. Are you in a car sitting still on the side of the road? Are you still in the garage? If so, then we need to help you generate the fuel you need to start moving forward in life. And the fuel you're going to need is an active lifestyle, a healthy diet, a creative environment, and a little positive thinking. Start by bringing out that list of goals you wrote out in the last article. This list is going to be your map on the road to achieving your goals. As long as you have the fuel and know where you're going--you can get there.

So remember, if you're on the road: you're not thinking about where you're going, you're thinking about how to get there. In the same way, no longer think about your goals, just think about how to achieve them. This will help you focus more on the act of change, instead of getting caught up in thinking about the result. In my next article you'll learn more about how to generate the fuel that's going to help you reach your goals and start living the life you deserve.

#### CREATE THE STRING AROUND YOUR FINGER

Take out your list of goals

Read your list 10 times from top to bottom. This will instill your goals and make them start to become a reality. Remember, if you think it you will believe it.

Post these goals up somewhere you will see everyday. Even if you do not take the time to read them you will start to think them. If you want to take it a step further, create a string around the finger. Take an object you see throughout the day, i.e. -- your car keys or cell phone, and link your goals to that object. Every time you see or use that object your goals should come to mind.

Now that you have used these tactics to remind yourself of the goals make sure that you are taking actions towards these goals. If you are unsure what actions you need to start taking please feel free to email me at [cody@survivalseattle.com](mailto:cody@survivalseattle.com) and I will steer you in the right direction.

