



VISUALIZATION REGIMEN

BE GREAT
GLOBAL

VISUALIZATION REGIMEN

Because the mind doesn't distinguish between your dreams, visions and real-life experiences, you can use your mind to change any situation or experience overtime. One way is through visualization techniques. Below you will find a simple regimen I learned during my collegiate basketball days (*I created an audio of this exercise where I talk you through it in its entirety*):

POSITIONING:

Lay flat on your back on a solid surface (*i.e., floor*), stretch out your arms and legs in a comfortable position. You should be fully relaxed in this position.

BREATHING:

Tune in on your breathing. Take five deep breaths by inhaling slowly and exhaling slowly. Breathe in, breath out...breathe in, breathe out...breathe in, breathe out...breathe in, breathe out...breathe in, breath out.

RELAX MUSCLES:

Now, you want to relax every muscle in your body, starting with your head:

- Gently press the back of head into the solid surface, slowly count to 15, and release.
- Gently press the back of your neck into the solid surface, slowly count to 15, and release.
- Tense your shoulders up as if you were shrugging them at someone, slowly count to 15, and release.
- Gently press the upper portion of your arms down into the solid surface, slowly count to 15, and release.
- Gently press your forearms into the solid surface, slowly count to 15, and release.
- Gently press your wrists into the solid surface, slowly count to 15, and release.
- Gently press all of your fingers into the solid surface, slowly count to 15, and release.
- Gently press the lower portion of your back into the solid surface, slowly count to 15, and release.
- Gently press your buttocks into the solid surface, slowly count to 15, and release.
- Gently press the back of your hamstrings (*top back portion of your legs*) into the solid surface, slowly count to 15, and release.
- Gently press your calves into the solid surface, slowly count to 15, and release.
- Gently press the heels of your feet into the solid surface, slowly count to 15, and release.

CREATE YOUR PERSONAL COMMERCIAL:

At this point, you should be totally relaxed and ready to start creating your personal commercial. That is if you haven't fallen asleep. Now, I want you to close your eyes and create your vision around your ZOG, your commercial. You are free to visualize whatever you want. If you identified more than one thing for your ZOG, don't overdo it with multiple visions, focus on one at a time. For instance, since writing was my ZOG, I would focus on envisioning myself writing books, articles, training programs, etc.

CONSISTENCY AND REPETITION:

The key to success with this visualization regimen is consistency and repetition. I recommend that you do this exercise weekly or even daily if you can be consistent with it. You want to keep doing it, until whatever you are envisioning manifests.



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