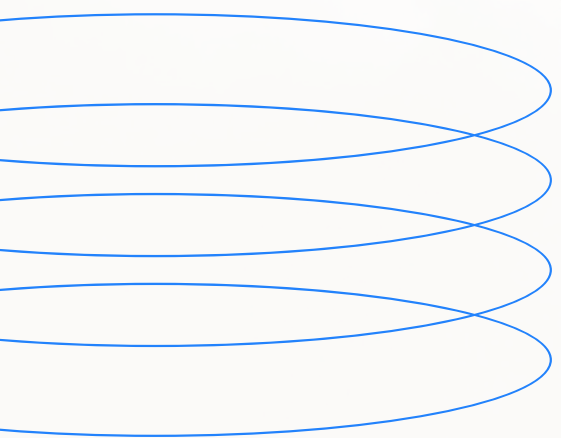
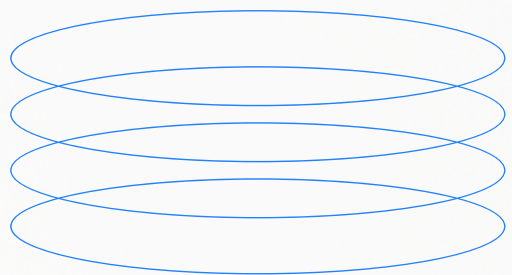


VISUALIZATION WITH FEELING

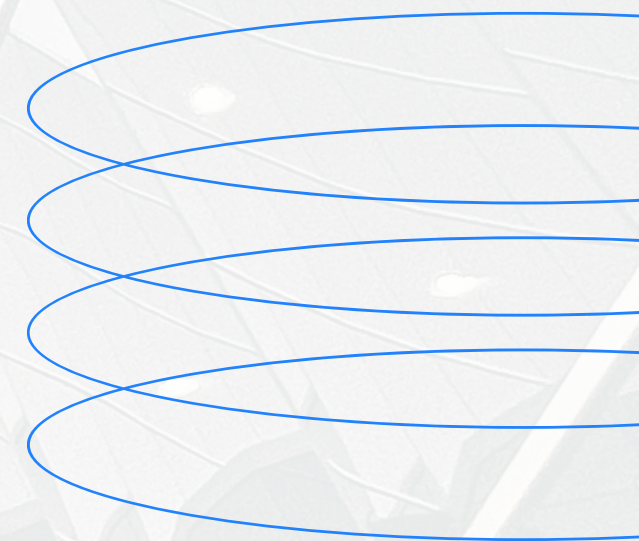
into Achievable Wins

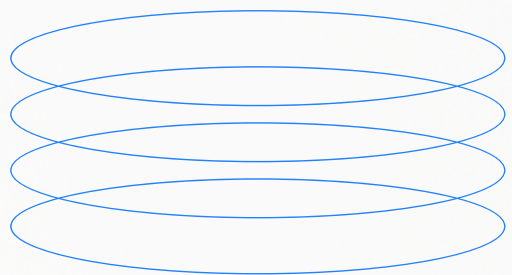




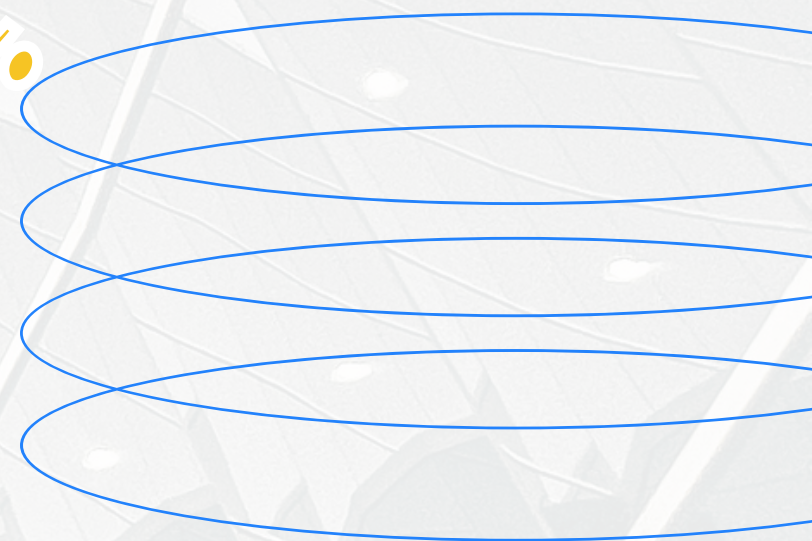
WELCOME TO LIFE HACK NO. 8

Visualization with Feeling



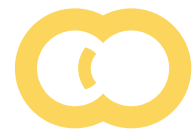


See it. Feel it. Become it.
A mental technique to create
a vivid image of your goals.

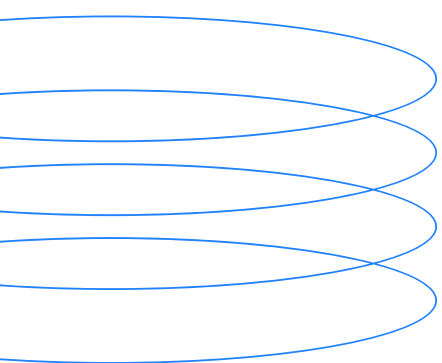


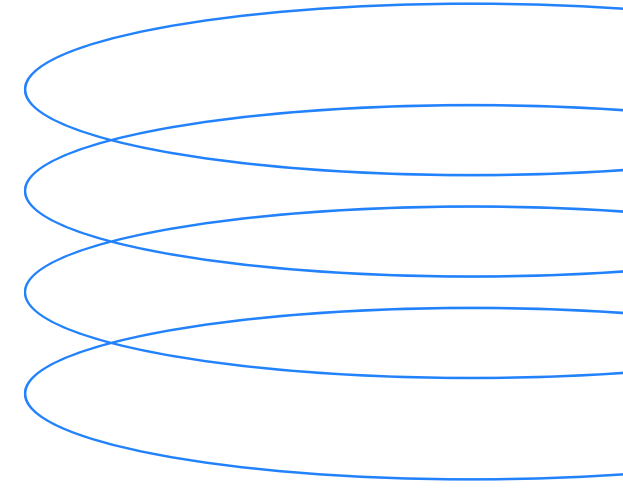


WHY FEELINGS AMPLIFY VISUALIZATION



- Emotions are the fuel behind manifestation.
- Feeling your vision tricks your subconscious into believing it's real.
- Energy of emotion attracts similar outcomes.





Joy, gratitude, and excitement

 **supercharge your visualizations.**

- **Used by athletes, leaders, and visionaries.**
- **Pairs the power of imagination with emotion.**



STEP-BY-STEP VISUALIZATION PRACTICE

- Sit comfortably and close your eyes.
- Take a few deep breaths to center yourself.
- Visualize your desired outcome clearly.
- Engage all your senses (sight, sound, touch, etc.).
- Feel the emotion of already achieving it.
- Smile and hold that feeling for a few moments.

Use soft music or guided recordings for support.



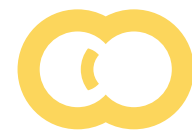
Step

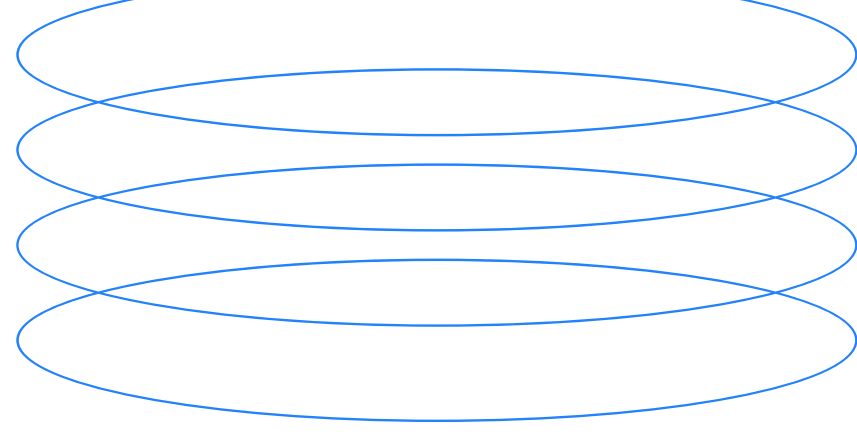
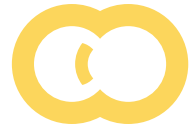
WHEN AND HOW OFTEN TO PRACTICE

- **Ideal times: morning, night, or after meditation.**
- **5–10 minutes daily is enough.**
- **Consistency rewires your mindset.**



Practice patience and make it a ritual.





Step

REAL-LIFE SUCCESS EXAMPLES

***“if you can see it in
your mind, you will
hold it in your hand.”***



- ***Athletes visualizing winning moments.***
- ***Entrepreneurs visualizing deals and launches.***
- ***Artists imagining the audience's joy.***



Step COMMON CHALLENGES

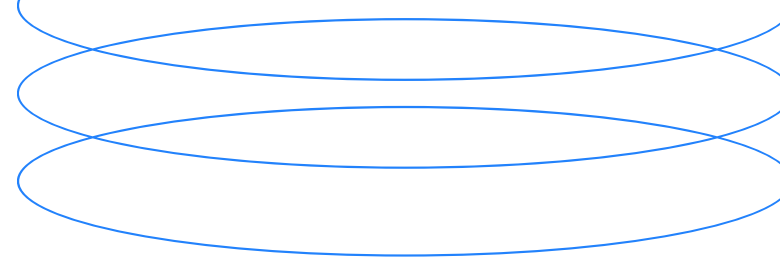
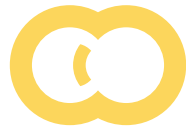


■ ————— ■ ————— ■ —————

Difficulty focusing or
getting distracted.

Not feeling anything.

Doubting if it's
'working.'



Step

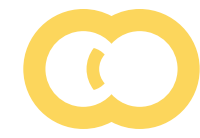
POWER TIP – COMBINE WITH AFFIRMATIONS



***Speak affirmations aloud
during or after visualizing.***



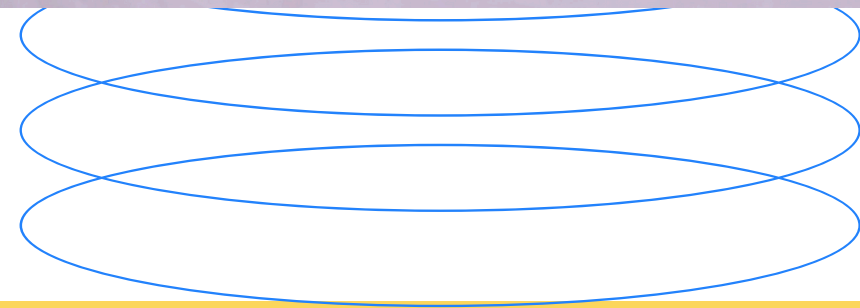
- ***Add powerful affirmations to your visualization.***
- ***Example: While imagining your dream job, say “I am worthy of success.”***
- ***Aligns thoughts, feelings, and beliefs for stronger impact.***



CONCLUSION

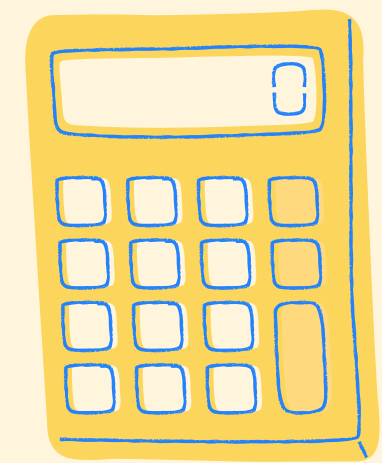
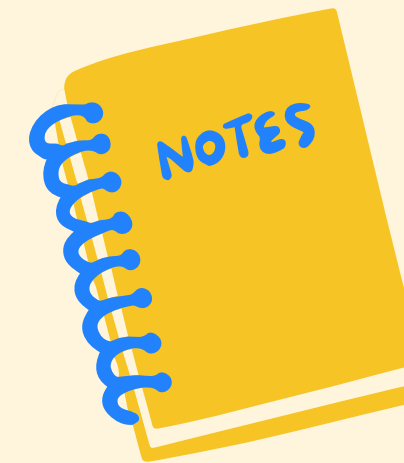
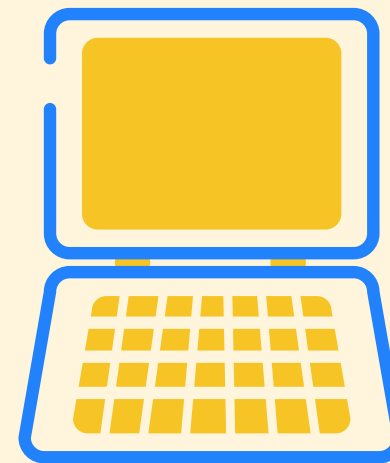
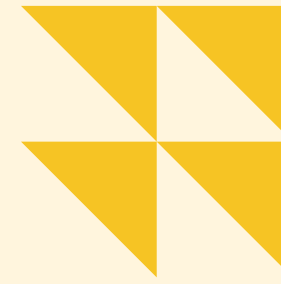
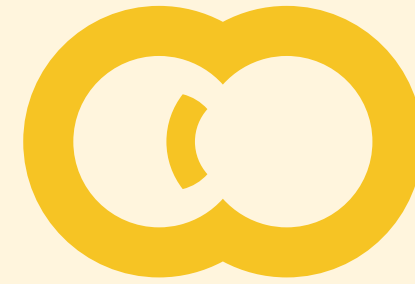
See It, Feel It, Become It

- Visualization isn't just about imagining it's about embodying.
- When thought and emotion align, magic happens.
- Let your future pull you forward every day.



***The most powerful
affirmations are the ones
said to your own soul.***

*“The way you speak to
yourself becomes your inner
world.”*



YOUR TURN!

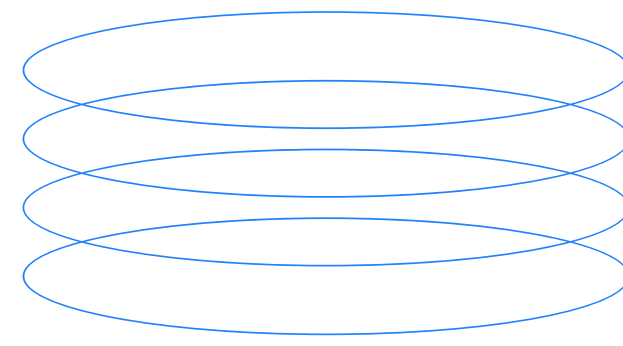


Everything is created twice – first in the mind and then in reality.

- ***CLOSE YOUR EYES AND IMAGINE ONE GOAL YOU DEEPLY DESIRE.***
- ***WHAT DOES IT LOOK LIKE? SOUND LIKE? FEEL LIKE?***
- ***STAY IN THAT FEELING FOR A FULL MINUTE.***
- ***REPEAT THIS PRACTICE DAILY.***



THANK YOU & STAY CONNECTED!



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Visualization with Feeling

