



VISUALIZATION

Begin with the end in mind: to be able to achieve something, you need to visualize what the future looks like first.

Complete this exercise to visualize the desired future.

- **Find a quiet space** and take 30 minutes to visualize where you see yourself in xx year(s).
- **Create a vivid mental image** by answering the following questions:
 - Where are you?
 - Who are you with?
 - What are you doing in your personal and private life?
 - What do you see, hear, and smell?
 - How are you feeling?
- **Write it down.** Then share it with your coach who can help you create a plan and make it happen.

Complete this exercise to visualize a perfect day in your life.

- **Find a quiet space** and take 10 minutes to visualize your perfect day.
- **Answer these questions:**
 - What do you do from the moment you wake up to the time you go to bed?
 - How do you feel throughout the day?
- **Write it down.** Then share it with your coach who can help you create a plan and make it happen.





VISION BOARD

Creating a vision board is a fun and powerful way to visualize your goals and dreams.

Instructions:

1. **Gather supplies:** Poster board or corkboard; magazines, printouts, or photos; scissors, glue or tape; markers or stickers for personal touches.
2. **Set your intentions:** Reflect on your personal and/or professional goals. Focus on what you want to attract into your life.
3. **Find images and words:** Look through magazines, online sources, or your own photos to find visuals that resonate with your goals (travel, career, health, etc.). Cut out words or phrases that inspire you and align with your vision.
4. **Arrange your items:** Arrange the images and words on the board until you feel the composition captures your vision.
5. **Glue or tape everything:** Once you're happy with the layout, start gluing or taping everything in place.
6. **Add personal touches:** Use markers, stickers, or drawings to make your vision board uniquely yours.
7. **Display your vision board:** Put your vision board somewhere you'll see it daily, like in your bedroom, office, or any other space that inspires you. Share it with others so they can support you in achieving your vision and goals.
8. **Use it regularly:** Take time to visualize your goals, reflect on them, and stay motivated by your vision board.





IDEAL IMAGE TOOL - ACTION PLAN

Instructions:

Write a plan for changing or amending your beliefs, feelings, attitudes, tasks, rules, and skills that may improve these areas. Be sure to check your belief system to see if any of the ideas are about who you, the people around you, or the situation, may be limiting to you in some way.

List all the items you would like to improve.

Item to improve	Strategy for Improvement	Start Date	Measure of Success

Review these on a weekly basis and make any necessary adjustments.



Karin Knecht,
www.DunamisC.com
Karin@DunamisC.com