

ProfitMancer

MONEY MASTERY

Certification - Visualize to
Actualize: Daydreaming
Done Right

TRANSCRIPT

Introduction

Welcome, Certification peeps! Today, we're delving into "Visualize to Actualize: Daydreaming Done Right." This session is designed to empower you with strategies to effectively guide your clients through the visualization process, enhancing their mindset and goal-setting practices. Let's navigate how this can be transformative in both 1:1 and group settings, and address the skepticism some may have towards concepts like 'manifesting.'

Going Further Into The Subconscious Mind

It's beyond the scope of this program to go deep into the programming of our subconscious mind - how it happens and the impact of it. But I do want to provide some additional insights here that will help you when working with clients, specifically around the importance of incorporating some visualization process into their routine.

Our subconscious mind operates like a hard-wired program. It doesn't recognize things outside of the box. In fact, it will resist events, behaviors and results that are counter to its programming.

Most of the programming gets hard coded when we are still young children. As we get older, our conscious mind keeps searching for reasons to validate the programming and to not deviate from it.

This can pose problems for people who want to make big changes in their lives. They are often fighting against this programming.

Visualization performed on a regular basis is one of the best ways to overcome this programming. When vivid enough, the subconscious mind cannot distinguish between a memory and something that hasn't yet happened.

Understanding Why Visualization

Visualization is not just about wishful thinking; it's a strategic tool for goal realization. The subconscious mind plays a pivotal role here, processing images and visions as if they were real experiences. This influences our actions and decisions, steering us closer to our goals. However, it's crucial to underline the difference between passive daydreaming and active visualization. The latter is a focused, intentional practice that involves envisioning the achievement of specific goals vividly and emotionally.

That emotion part is crucial to the effectiveness of the practice of visualization. When someone is able to not just visualize but have that same emotional connection to their desired goal as if it was something that had already happened, they are a lot less likely to deviate from the actions needed to achieve their goals, they are less likely to self-sabotage and they are more likely to bounce back when setbacks happen or problems arise.

Navigating Skepticism

We recognize that terms like 'manifesting' might trigger skepticism in some clients, especially those with a more analytical mindset. For these individuals, reframe the conversation towards the importance of having a clear, detailed vision of their objectives. Compare it to setting a destination in a navigation system; without a clear endpoint, you're merely driving around, wasting time and resources. Emphasize that this practice is about aligning their mental focus with actionable steps towards their goals.

Tips for 1:1 Coaching:

- **Personalize the Experience:** Tailor the visualization exercises to the specific goals, challenges, and preferences of your client. This personalized approach increases engagement and relevance.
- **Deep Dive into Emotional Connection:** In a 1:1 setting, you have the opportunity to explore the emotional aspects of visualization in depth. Encourage clients to express how achieving their goals would make them feel, enhancing the emotional richness of the visualization.

- **Continuous Feedback Loop:** Use the intimate setting to provide immediate feedback and guidance. Adjust techniques based on their responses and progress.

Tips for Group Coaching

- **Create a Collective Vision:** While maintaining focus on individual goals, foster a sense of community by encouraging participants to share their visions. This builds support and accountability within the group.
- **Diverse Techniques:** Introduce a variety of visualization practices to cater to different learning and thinking styles within the group. This inclusivity ensures that all participants find a method that resonates with them.
- **Group Activities:** Incorporate group visualization exercises, such as creating vision boards together or group meditations focused on common themes like abundance or success.

Implementing the Module

When introducing "Visualize to Actualize" to your clients, here are some steps to follow:

- **Start with the Why:** Begin by discussing the power of the subconscious mind and the impact of visualization on achieving goals. Highlight successful individuals and athletes who use visualization to enhance performance.
- **Clarify the How:** Walk them through the steps of effective visualization, from defining clear goals to emotionally investing in their achievement. Utilize the worksheet provided to facilitate this process.
- **Encourage Regular Practice:** Stress the importance of making visualization a regular part of their routine, akin to a mental workout for their goals.
- **Address Doubts:** Be prepared to tackle skepticism head-on, offering alternative framings for those wary of the concept of manifesting.

- **Follow-Up:** In subsequent sessions, revisit their visualization practices, discussing any challenges or breakthroughs they've experienced.

Conclusion

Incorporating "Visualize to Actualize: Daydreaming Done Right" into your coaching will equip your clients with a vital skill for their entrepreneurial journey. Whether in a 1:1 setting or a group workshop, your guidance in this practice can dramatically influence their mindset and propel them towards their goals. Remember, your role is to illuminate the path from visualization to actualization, turning their daydreams into their reality.