

Creating a clear image of the desired results as if you have already achieved as well as visualising that the success is happening right away. The imagining scene should be as detailed and real as what is around you.

Positive Affirmations

Understand that your goal exists, and it is coming to reality. is an important part of achieving what you want. They are aimed at suspending disbelief while supporting the experience that what you desire is good, real, and possible.

One visualisation tool that can better your life is practicing an affirmation by standing in the mirror and saying something like "I radiate love and others reflect love back to me."

How to Have Perseverance, Grit and Positive Energy

Encouraging vibes and positive energy keep you on the right path. Use a mantra which is, a verbal aide memoir spoken out loud, or silently repeated in your head.

Repeat this over and over a positive reinforcement of your determination to reach your goal such as :-

- ·Never Give Up!
- ·I Am Worth it!
- ·Change is Good!

Aotearoa Life Education Foundation

Goals Get Results



Use NLP neurolinguistic techniques, to change the way you talk about situation.

2. Switching to a positive statement and eradicating any self-effacing or negative speech.

3. Create powerful positive statements of intention.4. Use strong words such as must or will rather than try or hope.

5. Working at this with a life coach to clarify your goals and keep on track may help speed up the process.



Never Give Up!
I Am Worth it!
Change is Good!



Aotearoa Life Education Foundation