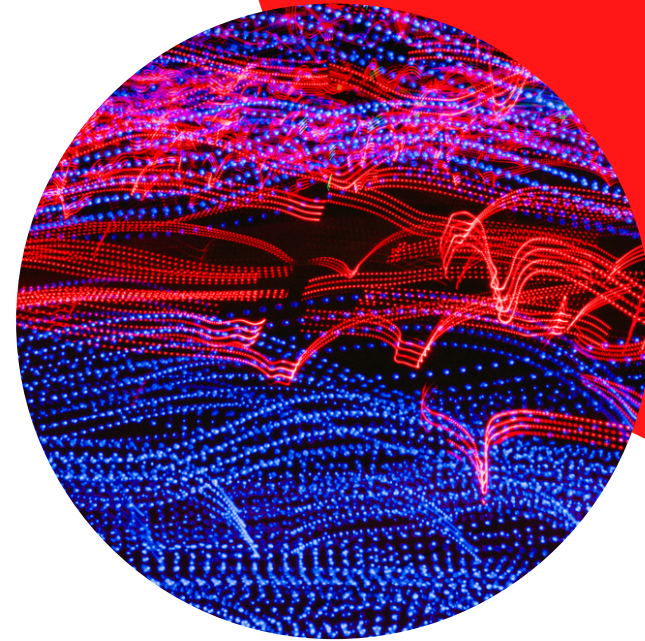




Boost your motivation - it is helpful in making sure that you feel motivated as well as excited to create what you desire.

- **Visualisation programs your brain** - visualisation is meant to program the mind into finding various ways on how to manifest your goals or dreams. Your brain will be prepared for the reality and obstacles will be fought for future success.
- **Promotes confidence** - practicing visualisation is essential in making you more confident. The more you envision about the achievement of your goals, the more you feel confident and put your actions one-by-one.
- **Reduces stress** - visualisation takes place only when you are in a state of calmness. It helps in eliminating stress and worry that you may have as it clears your mind for you to see your dream life.

Aotearoa Life Education Foundation



Visualisation is a creative way of imagining or thinking that can be used to shape your life into your image of what it should be.

Our Mission

We provide education services help foster greater success in life on a personal and professional level.

The Visualisation Keys

Repetition is key. Remember that success is not achieved overnight, therefore, focus daily on what you need to work on and set yourself every day to reach where you want.

Powerful visualisation is achieved through repetition. every day will help build who or what you want to be, and it will be clearer in the brain and become reinforced and hardwired.

The process of Visualisation

01. How to create reality

Writing down your goal in detail is very important and one of the best visualisations tools around.

It gives you the complete picture of how you want your life to look like as it covers how the activities will unfold into reality.

02. Use your feelings

Start to envision the sounds, the sights, and the feeling of achieving what you desire.

Do not ignore the feeling of the emotions that come along with this image. They are a part of the visualisation process.

