



A Technique Every Champion Uses

There is something that every professional athlete, Olympic athlete, professional golfer, astronaut, and every top achiever does to win more often. They use a technique called *visualization*.

Visualization is just a fancy word for ‘vividly imagining’ what it will feel like when you reach your goal. What will it look like? What will it going to sound like? What will it smell like? What will it taste like? What will it feel like? Visualization is your mind’s sneak preview of coming attractions. It’s a mental blueprint of your future.

Even before competing in my first Olympics, I might have been jogging, lifting weights, eating dinner, or simply walking in the mall, but you know what was going on in my head?

In my mind, I was walking into the Opening Ceremonies, the crowd was cheering wildly, to the right I could see the Olympic Flag waving, behind me I could see the Olympic Torch, I could hear the orchestra playing the Olympic Anthem – my favorite song in the whole wide world! I was there! High-fiveing my teammates shouting, “We made it guys! We made it! It was worth it! We’re Olympians!” I could feel the cold wind blowing on my face, the snow hitting my face, the tears of joy running down my cheeks and the goose bumps running up my neck, my cheeks, my forehead. I was there!

four years later, when I was actually walking into the Opening Ceremonies, it was just like when I'd imagined it. Only a hundred times better.

The mind can't tell the difference between something you are vividly imagining with all your senses and something that is actually happening. By regularly picturing what you intend to do, you become like a guided missile that can't miss its target. You rekindle the flame of belief and literally become unstoppable.

Visualization helps you develop the intense belief in yourself you'll need to take consistent and persistent action on your goals and aspirations. There are miracles with your name on them. Miracles you were designed to go out and make happen; miracles that are just waiting for you to heed the call; waiting for you to dare to take the journey to achieve them.

By constantly seeing your miracle in your mind's eye, you will strengthen the belief and the desire you need to make the journey. Do this, and success will be a matter of time.

Put it into action:

Regularly spend time vividly imagining what it will feel like when you actually realize your goals and dreams. Get all your senses involved and allow yourself to get emotional.

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