

Making Everything Easier!™

Creative Visualization

FOR
DUMMIES®

Learn to:

- Use creative visualization to help you achieve your goals
- Live a happier, healthier life
- Become more confident and assertive
- Increase your energy levels and creativity

Robin Nixon

Bestselling author and entrepreneur



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Creative Visualization For Dummies®

Visit

www.dummies.com/cheatsheet/creativevisualizationuk to view this book's cheat sheet.

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Enhancing Your Creativity
Strengthening Your Self-belief
Building Confidence
Achieving Goals
Providing Focus
Improving Your Body Language
Increasing Your Energy
Finding Fulfilment

Cheat Sheet

Creative Visualization For Dummies®

by Robin Nixon



A John Wiley and Sons, Ltd, Publication

Creative Visualization For Dummies®

Published by
John Wiley & Sons, Ltd
The Atrium
Southern Gate
Chichester
West Sussex
PO19 8SQ
England

E-mail (for orders and customer service enquires): cs-books@wiley.co.uk

Visit our Home Page on www.wiley.com

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Published by John Wiley & Sons, Ltd, Chichester, West Sussex

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British Library Cataloguing in Publication Data: A catalogue record for this book is available from the British Library

ISBN: 978-1-119-99264-6 (paperback), 978-1-119-99342-1 (ebook), 978-1-119-99421-3 (ebook), 978-1-119-99420-6 (ebook)

Printed and bound in Great Britain by TJ International, Padstow, Cornwall

10 9 8 7 6 5 4 3 2 1



About the Author

Robin Nixon is a technology and motivational author who has written books for McGraw-Hill and O'Reilly, as well as publishing over 500 articles on topics including technology, self help and the environment. He has been the director of Internet and software development companies in both the UK and US, as well as running hotel and dining businesses in both countries. For the last 25 years Robin has practiced creative visualization on a daily basis in both his personal and business lives. This is Robin's 9th book.

Author's Acknowledgments

I would like to thank Nicole Hermitage for commissioning this book, Kerry Laundon, Jo Jones, Mike Bryant, Andy Finch, Carrie Burchfield, Jennifer Bingham and Charlie Wilson for helping me to bring it to completion, and everyone else who has helped to create this book, and without whom it would not be the same.

Dedication

For Julie

Publisher's Acknowledgements

We're proud of this book; please send us your comments through our Dummies online registration form located at www.dummies.com/register/.

Some of the people who helped bring this book to market include the following:

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Assistant Editor: Ben Kemble

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Publisher: David Palmer

Production Manager: Daniel Mersey

Cover Photos: © iStock / Dmitry Melnikov

Cartoons: Rich Tennant (www.the5thwave.com)

Composition Services

Project Coordinator: Kristie Rees

Layout and Graphics: Cheryl Grubbs, Kim Tabor

Proofreader: Broccoli Information Management

Indexer: BIM Indexing & Proofreading Services

Brand Reviewers: Carrie Burchfield and Jennifer Bingham

Introduction

People have known that creative visualization works for thousands of years, but only recently have they named the practice and put it through studies to prove its efficacy. *Creative visualization* is based on the simple observation that when you imagine something, such as a goal in life you wish to attain, you're then able to bring that desire to fruition. In fact, often only by first visualizing something can you develop the idea or ignite the creative spurt that goes off in your brain like a light bulb.

But creative visualization isn't just useful for being creative; it's also a powerful personal development tool you can use to modify traits that are making you unhappy, increase your levels of energy and stamina, become more confident, and enjoy life more fully.

Almost without knowing it, we all use visualization on a daily basis when daydreaming, or thinking about people, places, and things. Visualizing is something we do naturally, which creative visualization simply harnesses into a more structured form.

Furthermore, creative visualization can help you to achieve goals in life that you've otherwise found hard to achieve. Using powerful visualizations you can clearly focus on your aims, set the right goals, and imagine attaining them. By doing so you bring forth the desire and commitment to overcome obstacles and stick with your ambitions until you achieve them.

This book also shows you how to use creative visualization to overcome anxiety and phobias, increase your mental and physical wellbeing, improve your sleeping patterns, revise for exams more efficiently, overcome procrastination, and much, much more.

With such a range of benefits resulting from bringing creative visualization into your life, reading this book and trying the exercises can open up a whole new way of thinking and living, and can help you make the changes you want in your life.

About This Book

Unlike other personal improvement systems you may have tried, I believe that creative visualization is the most natural and easy means of achieving the changes in your life that you desire. After you get the hang of creative visualization, the techniques are so obvious that you may wonder why you never used them before. And you also begin to see results very quickly, which in turn spurs you on to keep going and use creative visualization even more in your life.

And making creative visualization part of your life is so easy! After you've practised visualizing a few times, you barely notice that you're visualizing because the techniques become entirely embedded in your regular routine and merge into your way of life. More than that, though, because you can make the visualizations as beautiful as you like, they're a joy to use and you enhance your life simply by practising them.

This book's main aim is to get you started on the road to bringing creative visualization into your life. The practice has worked wonders for me and thousands of other people, and I know that once you get these techniques under your belt, your enjoyment of life and sense of fulfilment is going to be greater than ever.

Please note, however, that wherever I mention the ability of creative visualization to help with your personal health – for example, by assisting you to become more relaxed and lower

your blood pressure – I’m not suggesting that you ignore medical advice in preference to these techniques. Far from it, in fact. Modern medicine has a tremendous ability to help with all manner of illnesses and ailments, so always consult a doctor or licensed practitioner when you first notice any health problem. Always think of creative visualization as an enhancement that helps increase the effectiveness of everything you undertake – including professional medical treatment – and not a replacement for it.

Conventions Used in This Book

To help maximise the clarity of information in this book I adopt a few conventions:

- ✓ *Italics* are used for emphasis and to highlight new words or define terms.
- ✓ **Boldface** is used to indicate the key concept in a list.
- ✓ A monofont is used for web and email addresses.

Also, when I refer to the psychological concept of the *unconscious mind*, if you prefer you can read this as the better-known term *subconscious mind*. Either term refers to a sort of consciousness bubbling underneath your main consciousness and which remains alert and active at all times. You may also choose to think of this mind as the soul.

Within each chapter you find a set of mental flash cards, which you’re more than welcome to replace with your own, and I encourage you to do so. The best visualizations are the ones