



HOW TO MAKE YOUR OWN VICTORIOUS VISIONING BOOK

***Get ready for some excitement!
You are embarking on a journey that will
reenergize and transform your life.***

A new day in your life is dawning!

You are about to learn how to make a wonderful imaging tool, a **Victorious Visioning Book**. It combines two powerful victory techniques: **visualization and positive self-talk**.

Similar systems have been used in varying forms throughout the ages. You can use these instructions to create victory after victory, **for the rest of your life**.

The best part of a Victorious Visioning Book (aside from the fact that it works so well), is that you are the sole author and every book is a one-of-a-kind, special edition. So, as you work on your victorious vision, put your whole self into it and have fun!



STEPS FOR CREATING YOUR VICTORIOUS VISIONING BOOK

1 – PREPARATION

Start with a blank sheet of paper and a quiet space for daydreaming. Think about what you want to have in your life. Do you want love, peace, abundance, health, money, success? And, if you had those things, how would they manifest in your life? For example, if you wanted to be a Savvy Woman, would that look like a corporate executive position and a corner office with windows, or a stay-at-home mom with a part-time job you love.

Think about what you would want in your life, if you *knew* you would *absolutely* get it. If you aren't sure or clear, you can begin by asking yourself the following questions and recording your answers:

- "What emotions would I want to feel more often, more easily?"
- "If my life was just the way I wanted it to be, how would I live?" Dream BIG!

Victorious Visioning Instructions

- “In my best life, what would I be doing each morning, at 4pm, in the evenings, on the weekends, etc.?” Would you be getting kids off to school and then going to your home office and running an internet sales company? Would you be spending weekends at your beach house or mountain retreat?
- “Who would be in my life?” You are thinking about the KINDS of people, like coworkers who are pleasant and cooperative, family who supports your dreams, etc. This can be tricky, so I am attaching a **warning label** to this step. In some cases you won’t want to name specific people. For example, if you want a love relationship that you don’t have now, **refrain** from using a **specific** person’s picture. Keep in mind that what you want is a desired end result (like a loving partner, soul mate, etc.). While you may *think* you know who that is, you may unwittingly drawing someone into your life who will not be right for you. Anyway, why limit yourself to just who you know now.

Of course, it’s ok to use pictures of your children and parents, and spouses if you are in a growing relationship.

Visioning Aid: Mindless Inspiration

I find that I get great ideas while driving, listening to music, motivational speakers and while in the shower. So, since you never know when an idea will come to you keep a small notepad with you – and yes, even in the bathroom.

Visioning Aid: Collective Energy

When you have created ideas on your own, you may want to start a discussion with your friends about their dreams and desires. Sometimes hearing the dreams of others can help you get clearer about what you do/do not want...and make your visioning more tangible to you.

2 – GATHERING

Start looking for pictures that reflect the things that represent what you want. You can find these images in lots of places, like: magazines, ads, post cards, catalogs, and marketing pieces that come in the mail. Take your time so that you will find and use images—and words, too—that reflect your needs, wants and desires.

Visioning Aid: Make a place for you

If you are using an image of a person, e.g., a woman whose look embodies the lifestyle you desire, keep the image but carefully cut out the face. That way, when you look at the picture you can visualize your own face within that image. If your picture is to draw a loved one to you, like a picture of a loving man and woman together, do the same so that you aren’t limiting yourself to only the model in the picture.

3 – ASSEMBLING

After you collect a group of pictures, get a book such as a journal, sketchbook or just a simple 8x10 three-ring binder filled with blank paper. However, I have also used small notepads that I can carry in my handbag and even arranged all my pictures on a large sheet of poster board. Each of them work, **if** you work with them.

Page 3

Victorious Visioning Instructions

Arrange the pictures and words onto pages in pleasing and exciting patterns. You can do one picture for each goal, or make multiple pages that feature different aspects of the same goal. When you are happy with the way it looks, which means that looking at it makes you feel as though it's "you" then glue the words and pictures onto the page.

You can do this step by yourself or with your sister or partner. You and your partner can do this together for your joint goals. You can even gather a group together and meet once a week for a couple weeks, sharing magazines, swapping pictures, and having fun.

Visioning Aid: Plain or Fancy

Your image book can be jazzed up with scrapbooking materials. You can find great stickers, pre-cut words, great borders and more. If fancy appeals to you, and helps you to get into the vision, have fun with it.

However, your book doesn't have to be overly creative and doesn't have to please anyone but you. Through the years, I've known women and men whose books didn't appeal to me but whose books fueled their passion for victory. Consider how actor Jim Carrey simply used a fake check that was made out to him in a specific amount. It wasn't just the amount that was important to him but the check was the embodiment of his dreams for success.

The key to your Victorious Visioning Book is to put enough enjoyment, excitement and positive energy into the process that you make your vision become so real to you that you create a sense of expectation.

4 – VISIONING

This step is ***super important***. Each day, a least at night before going to bed but preferably first thing in the morning and last thing at night, page through your image book. As you do, vision yourself into the pictures and feel their energy. Imagine having the feelings you want, doing what the pictures show and having those items you included. Visualize them as if they are already done in your life...that you are, have and do what the pictures illustrate. If you included positive statements (affirmations), then say the words and feel the energy of them.

Continue using your Victorious Visioning Book until it is "done." You will *know* when that is. Done means that, even if what you want hasn't shown up physically yet, you are positive it will be doing so at the right time. In fact, you are mentally already "living" in your desired energy and notice that you are attracting new and more positive experiences/opportunities in your life. If you don't have that feeling...that sure knowing...then keep visioning. Sometimes you may use a book for a year or more.

In the process of visioning, you may occasionally feel like you want to change or adjust a page. That is a sign that your conscious and unconscious minds are becoming more congruent (in case you already weren't). That congruency is really important, so don't hesitate to make the additions and changes.

5 – WRAP-UP

When you are finished with your Victorious Visioning Book, put it away with other important memorabilia. I save my books and check back on them sometimes. Whenever I do, I can really feel the progress I have made.

A few years ago I came across my very first book, from nearly twenty years earlier. My eyes filled with tears as I perused the book, remembering not only the feelings I put into that book, but also the girl I was when I did the work. At the same time, I happily saw striking similarities between the desired pleasure and success I pictured then (when my pictures and words were only wishes and hopes) and the satisfying reality that was my present-day life.

Even more exciting to me was that the items that I desperately wanted and that were so important to me then (mostly material things that I so lacked and very much wanted) had their proper place in my life. I viewed my reflective thoughts about my first visioning book as not only the success of the technique, but as great personal growth. I was, and still am, grateful for both.

**I wish you many victories now and
the same wonderful after-glow experience with *your*
Victorious Visioning Book.
Have Fun!**

Annmarie

If you are interested in more victory ideas from Annmarie Kelly, you can sign-up for her free newsletter or for victorious e-learning at
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