FAST-FORWARD VISUALIZATION

Gettin' zippy with it

What it is:

- A visualization technique where you mentally play through the sequence of tasks in order to finish your current goal, like fast-forwarding through a video

Works best for:

- Tasks that feel abstract or intimidating
- People who:
  - are visual learners
  - could use some inspiration

You'll need:

- Your imaginaaaation (rainbow hands)

How it works:

1. **Close your eyes**
2. **Pick the thing** you want to accomplish
3. **Visualize all the steps** you'd have to take, starting with you opening your eyes
   - What do you have to do first?
   - What comes next?
   - Then what?
4. **Watch it through** like a movie in your head with the fast-forward button pressed down. Scrub through!
5. **Pay attention to how it feels** to have the task done once you reach the end of the visualization. Are you proud? Excited? Relieved? Happy? Allow yourself to feel those feelings fully (Jeez, that was a tongue-twister)

Why it helps:

- Now, you'll know all the steps you have to take—in the exact order you have to do them
- Since your brain has already mentally walked through everything, it makes physically following through much easier
- It often makes you realize that things won't take as long as you think they will
- It can motivate you to complete small tasks, knowing that they won't take long
- Beginning with the end in mind keeps you focused on what you want (and what it'll take to get there)

Tips:

- **Take your time.** It can be tempting to skip steps to make the process go faster, but the more realistic the visualization, the more powerful the result
- **Reflect afterward** on how the real process compared to how you visualized it. Was the thing as difficult as you thought it'd be? Did it take as long as you thought it would?