

# Visualize & Feel: Achieve Your Goals with Emotion

01

## See It Clearly 🙄

- Close your eyes and picture your goal as if it has already happened.
- Ask these: Where are you? Who's with you? What's around you?

02

## Attach Emotions ❤️

- Ask yourself: How do I feel achieving this goal?
- Embrace joy, excitement, confidence, and gratitude as if it's real.

03

## Engage All Senses ✨

- What do you hear? (Applause, music, success sounds)
- What do you see? (Success symbols, places, faces)
- What do you smell? (Fresh air, new book, coffee)

04

## Rehearse It Daily 🔄

- Spend 5-10 minutes visualizing every morning or night.
- Feel the emotions deeply—this strengthens belief and motivation.

05

## Take Inspired Action 🚀

- Let your emotions drive small, daily steps toward your goal.
- Act as if success is already on the way!

Listen to episodes on Elevate with Brigitte