OVERWHELMED

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?