Experience a powerful Creative Visualization experience with Lisa Nichols.
YOUR OFFICIAL ONLINE
CREATIVE VISUALIZATION
GUIDEBOOK

5 Simple Tips To Get The Most
Out of This Live Session:

1. Print out this Online Creative Visualization
   Guidebook before the event starts so you can
   write down your notes as you listen.

2. Review the topic outline so you know what to
   listen out for. Make sure you’ve set aside 90
   minutes of private time for this session so you’ll
   be able to focus and fully receive the benefits of
   the creative visualization session.

3. During the event, write down ALL the interesting
   and new ideas and inspirations you get while
   listening - that way you won’t lose the most
   relevant information to you.

4. Think of your life goals, set your intentions
   before coming to the event.

5. Be in a comfortable position (ideally not driving)
   so you can fully take part in the meditation and
   visualization exercise Lisa will be guiding you
   through.
5 SECTIONS TO BE COVERED ON THE ONLINE SESSION:

Section One:
Benefits of Creative Visualization: How Lisa Changed Her Life Through Creative Visualization and How You Can Do the Same

Section Two:
A Creative Visualization Framework that You Can Apply To Your Life Immediately

Section Three:
Tips and Techniques to Do Creative Visualization More Effectively

Section Four:
Lisa Guides You On A Powerful and Emotional Creative Visualization Journey

Section Five:
The Newest Creative Visualization Collection from Lisa and Mindvalley

Lisa Nichols, best-selling author, world-class speaker, and personal growth superstar.
Fill in the blanks when listening to the online session:

“You visualize best when you’re in a relaxed state of _______. This is often called the _______ level with brainwave frequency of __________.”

“Bring in all _______ senses.

Most people have _______ as their dominant sense.

The most important thing is to start with _______.

“________________” is the idea that the brain is not a constant mass, it can be changed.

“The _______ effect causes a feeling like “the check is in the mail.”

A good sentence to end your session with is “__________________________”.

The second recommended phrase to use upon ending is “________________________”.
Fill in the blanks when listening to the online session:

Don’t just pursue the goal. Instead pursue constant, deliberate action. This is called “______________.”

“All changes, even positive ones, are scary. Attempts to reach goals through radical or revolutionary means often fail because they heighten fear. But the small steps of ________ disarm the brain’s fear response, stimulating _________ and ____________.”

You don’t start with the future; you need to acknowledge the “_____________” and express “_______________.”

The concept of _______________ is that while small steps are small, what you’re committing to are not.

When you jump into action, you send a message to the universe that you’re in ______________.

“________________________” is an ability of the mind to shift the reality through Creative Visualization.
THE GUIDED CREATIVE VISUALIZATION EXERCISE

Preparation tips:

• Make sure you are in a quiet place where nothing can distract you, and that you are not driving a car or any other vehicle during the time of energy clearing.

• Stretch your muscles before we start. Stretching loosens the muscles and tendons allowing you to sit (or lie) more comfortably. Additionally, stretching starts the process of “going inward” and brings added focus to the body.

• Take a deep breath. Breathing deep slows the heart rate, relaxes the muscles to help you have a comfortable experience during the energy clearing.

• You can prepare candles and other spiritual paraphernalia in the room where you will meditate to help you feel at ease.
Your Personal Notes:

Write down your goals (be as specific as possible):

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
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See You At The Online Session!