



The Creative Visualization Online Session

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!**