

Creative Visualization: Use the Power of Your Imagination to Create What You Want in Your Life

by Shakti Gawain

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

☐ ⁰¹ **Choose one scene**
Pick one desired state that matters this week.

MON TUE WED THU FRI SAT SUN

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☐ ⁰² **Add sensory detail**
Write what you would see, hear, and feel if it were real.

MON TUE WED THU FRI SAT SUN

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☐ ⁰³ **Write a believable affirmation**
Make it simple enough that your body does not reject it.

MON TUE WED THU FRI SAT SUN

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☐ ⁰⁴ **Name one physical cue**
Choose an object that will remind you to rehearse.

MON TUE WED THU FRI SAT SUN

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☐ ⁰⁵ **Rehearse for two minutes**
Close your eyes and practice the scene once daily.

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☐ ⁰⁶ **Take one visible step**
Do one tiny action that matches the image.

MON TUE WED THU FRI SAT SUN

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☐ ⁰⁷ **Refresh the image**
Update the scene when it starts feeling vague.

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