

# “Emotion and Visualization”

Discussion/Study material for the podcast from Sunday 10/15/2017

From May McCarthy's book “The Path to Wealth,” page 50:

“Ask yourself questions as you picture having the good that you desire. See it in detail in your mind... What does it feel and look like to reach your sales goals? How does it feel to have easy and professional relationships with coworkers and customers? What does that new office space look like and how does it support you to become more profitable? How much joy and satisfaction will you have when your business expenses have been reduced? How much freedom will you experience when you have lots of money left in your bank account after paying all the bills? How great will it make you feel to bless others with gifts and other kindnesses?”

Discussion/Study Questions:

1. How does vivid visualization help you to achieve your goals?
2. How is visualization different than daydreaming?
3. Do you have examples where your visualization (either in your minds-eye or on a “story board” have come into your experience?