**SUCCESS TONICS SUMMIT**

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**UNDERSTANDING THE “S.T.R.I.V.E” FORMULA FOR SUCCESS**

**Focus: V-Visualize**

Visualization is to form a mental image or imagine. It entails using our mental eyes to focus on the future. Visualizing helps a man in actualizing greatness.

**WHY WE NEED TO VISUALIZE:**

* It helps you to achieve your goal by conditioning your brain to see,hear and feel the success in your mind.
* Visualizing the outcome you want can increase your confidence.
* Seeing yourself succeed helps you believe that it can and will happen.
* Helps you decrease anxiety.
* Enhances performance.
* Boosts your motivation.
* Helps you adopt a healthier and better lifestyle.
* Reduces pain and stress of the unknown.
* Helps you to see, interact with and better understand yourself, your discipline or life in general.

**Characteristics of Visualization.**

**• Accuracy:** Being precise on our visions and life in general. It concretes our plans and vision.

**• Clarity & Succinct:** Visions must be simple and clear to run with.

# **• Empowering: Our** visions must be able to activate more visions to run with.

**How Do We Visualize;**

* See it with the mind’s eyes and apply positive emotions to it (feed your visions).
* Write in details what you want as you visualize; it expands your horizon.
* Take action each day towards your desired vision.

**Osborn** states 7 steps to Imagination in his book, **“Applied Imagination.”**

-**Orientation**: Pointing out ideas & problems.

-**Preparation**: Gathering data.

-**Analysis**: Study the life of people that run with the kind of visions/ambitions you have.

-**Ideation**: Pulling up alternative ways of ideas.

-**Incubation**: Think through the ideas & alternatives.

-**Synthesis**: Bring together the ideas.

-**Implementation & Evaluation:** Judging the resultant effect and making them reality.

* **Success that is not updated is a current failure.**