



The **POWERFUL PRACTICE**

of Mental Rehearsal **TO MANIFEST OUR GOALS!**

In my coaching practice, I often utilize the concept of pleasure as a valuable tool in achieving desired goals. Maybe you're asking, what's pleasure got to do with manifesting goals? Pleasure has everything to do with manifesting our goals, and it starts with our habits. Our habits are the automated choices or routines that we make on a daily basis that determine our quality of life. Therefore, manifesting our goals is based on our very habits — the actions we take daily that determine who we are. And guess what drives our habits? Pleasure. Pleasure drives our habit loops because our habits are built on what feels most pleasurable, most gratifying to us at any given moment.

Simply put, we always will choose what feels most pleasurable. If it feels best to wake up at 6:00 a.m. to hit the gym, then we'll do that. If it feels best to press snooze, then we'll do that. If you have to be somewhere by a certain time and you don't like being late, then eventually it will feel more pleasurable to wake up than to press snooze again. Since pleasure drives our habit loops, if we change what pleasure is linked to in the brain, we can exponentially increase our motivation for follow through. This is one of the secrets to building habits that stick. What we want to do is match our natural pleasure chemicals (endorphins) with the activity that will get us our desired results, and one way we can do this is by a practice called Mental Rehearsal.

Mental Rehearsal is a technique used by champion athletes. The athlete imagines the game from their perspective as though they are actually competing in real time. It's like a mental trial run. They mentally rehearse their performance by breaking it down into tiny components, strategy, thoughts and feelings. Research shows that great progress can be made with Mental Rehearsal because it helps you "practice" overcoming habituated resistance. It links pleasure with healthy behaviors in the brain and motivates follow-through in new ways throughout the process.

Here are four quick and easy steps to practice a Mental Rehearsal for your desired goal:

1. Ponder a goal and define to yourself a clear, well-formed outcome before this Mental Rehearsal exercise.
2. Step into that version of you that is 100 percent committed to your goal. Make a picture, if you will, of the future you. Do you see yourself? Step into this future you. This is the future you that is 100 percent committed to making choices in small, manageable steps that will lead you to achieving your goal. Slip yourself right into the body of this future you. Take a moment and just be this future you. See, hear, smell, and feel, bringing all the senses to this visualization.
3. Notice how everything is going well for you. Notice how it feels to be taking such positive steps toward your goal and feeling optimistic and empowered. Smile as you visualize not only your future self achieving your goal, but the amazing, gratifying, proud feeling of your accomplishment. Relax as you consciously choose to resonate at a higher vibration of optimism and excitement, which enables you to attract more of what you want in your life.
4. Like a dial on the radio, we're going to turn up the volume on your senses. Scan them now: What do you see, hear, feel, smell, taste, and intuit? Allow yourself to *really* feel into this visualizing of your goal and all that you are experiencing. Maybe you are attuned to the pleasure of feeling so clear and intentional, full of hope, energy, and clarity that you smile to yourself because you feel your power from within. Allow yourself to claim *your* power. You are

in a groove, where you are truly unstoppable. You feel more radiant, alive, and on purpose. You tell yourself, "I feel so good right now. I am ready for anything." Allow that awesome energy and enthusiasm, like a ball of light, to penetrate every part of you. Breathe in. Breathe out. Come back to the present. Notice a shift in your mood, outlook, energy, mindset?

By ritualizing Mental Rehearsal and linking it to pleasure, we can utilize this tool to not only positively visualize our goals but also manifest our goals more quickly. This practice gets us in the zone to simply feel good. It changes our energy. When we change our energy, our energy will change. It's good to feel good, and when we do, our energy shifts to a higher frequency. This good-feeling energy attracts our desired goals and outcomes, aligns our energy, and spurs our manifestations into motion. Trust the positive, energy-shifting practice of Mental Rehearsal to shift your energy and build momentum in manifesting your goals ... because when we change our energy, we change our life!



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