



“Imagination is the most marvelous, miraculous, inconceivable, powerful force that the world has ever known.” -- Napoleon Hill

Creating an Optimal Health Vision

Many people find it helpful to close their eyes during this practice to better focus on their vision.

1. Keep your descriptions in the **positive** (i.e. I am eating healthy foods rather than I am not eating candy.)
2. Using the **present tense** “I am” (i.e., “I am hiking, I am surrounded by family and friends, I am strong”, etc.) , imagine yourself in your optimal state of health and describe what that picture looks like.
3. Don’t hold back here, **really imagine** like you did were you were a kid.
 - How do you look and feel?
 - What activities are you enjoying?
 - How are you nourishing your body, mind, spirit?
 - Who are you with?
 - Where are you living? What are your physical surroundings looking like?
 - How are you relating to the people around you?
 - Who would you like to be in the world?
 - How are you contributing to those around you? What are you giving?
 - What are you creating?
 - What is your personal purpose?
4. Now take out a pen and paper and write it down.

“Without leaps of imagination, or dreaming, we lose the excitement of possibilities. Dreaming, after all, is a form of planning.” --Lucius Annaeus Seneca