

Episode 23 The Power of Visualization

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SPEAKERS

Jen Marples

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instead of saying things like, oh, I want to be successful, or oh, I want to sell 25,000 products or oh, I want to expand this. Instead visualize where you are, like who you're talking to. Where are you sitting? Are you in a house? Are you on a yacht? Are you in Italy? Where are you in a year, and then you can back everything out that's going to support it. Hello, and welcome to the Jen Marple Show. I'm your host Jen Marples, a former public relations agency owner turn business a life coach and motivational speaker dedicated to helping female entrepreneurs achieve the business and life they desire in their 40s 50s and beyond. Each week, I'll be bringing you conversations with incredible women who are rocking entrepreneurship and taking courageous action while also dealing with all that midlife entails. I'll also be dropping in solo every week to share thoughts, advice, tips and tricks that will help you live your best life. If you are thinking about pivoting in your career, or starting a new business or looking for a second act, stick around as I guarantee you will be inspired. And know this, you are not too fucking old. Hello, everyone, and welcome to the Jen Marple show. Happy Monday. Ladies. It's Monday. All right. So I want to talk to you today about visualization. I think this is one of the most important tools we have at our fingertips to get what we want. It's been very impactful for me to use this visualization tool to accomplish many things that I've accomplished in my life. And especially now at midlife, when you know, I've made a big change in launching this podcast, and I'm looking to the future to see what I want to accomplish. I have sort of instead of a vision board, people do vision boards, this is not about vision boards, this is just about your visualization, you can do a vision board if you want, I have a personal vision board in my head of where I want to be in the next couple months. And so when days are tough, or I'm tired, or I'm questioning my life, I come back to this vision. And the vision is very clear. And so I could get like really deep on like this whole world of the fifth dimension and living in the 5g world where that reality is actually already happening. And I'm just sort of catching up to it. It's probably a bit above my paygrade. I do read a lot. I'm going to link some wonderful books in the show notes. Joe Dispenza is one who's really great to look into. And I know I've talked about Abraham Hicks before. But Abraham Hicks again, one of their big things is about visualization and just embodying that future self that you want to be and then it's destined to happen. And so just to bring it kind of back down to a regular non metaphysical level, just think about athletes how they train, maybe you're an athlete, maybe you've done this before, maybe you visualized, crossing the finish line, maybe you visualized scoring a goal. Maybe you visualize doing a handstand, it's a very important and powerful practice, because all

professional athletes will do that they'll visualize plays or visualize, you know, hitting the ball. So why can't we do that to visualize our life, because it actually works. And it's funny, you know, back in the day before all of this was sort of brought to the mainstream. I mean, maybe this isn't mainstream for you, but people are talking a lot about visualization, manifestation, all of that. But let me tell you about 20 years ago, we weren't really talking about this. We've actually all experienced this. And so I'm going to give you this example of something that happened. I don't know. It was like 15 because it was 16 ish years ago because it was right after my son was born. And it's really just this powerful practice that when you really visualize something and want something it's going to happen. And so I had gone through fertility with my son talked about that ad nauseum. And so I said to myself, alright, two years was hell of going through that finally had my child I said next summer. She was born in the summer of 2005. I said the summer of 2006. We are going to go to Italy. So I visualized myself sitting in Tuscany. Sitting at a pool, eating trees and drinking wine. I visualized the trees I visualized the old farmhouses. I visualized my family. I even visualized my parents coming with. I had this all just in my mind. I didn't have a vision board. I just had it all in my mind. And I just started slowly talking about it to say, well, I'm going to be there. That's where I'm going to be next summer. And I made it happen. And the funny thing As my vision was so strong that my entire family ended up coming. And of course, because you know, I'm the PR person and Miss control and miss, you know, if you know me, you know, I'm big on itineraries, and that's, that was just the byproduct of everything I did in my, in my old career of you know, PR and marketing and planning press trips, and like multi day week press trips, that if we don't have an itinerary, we have chaos. And so the itinerary I put together for this Italy trip is something for the record books, I had it bound, printed and bound they had required reading before we went, and I think it was about a 40 page itinerary with optional reading optional activities. Okay, I'm a dork. I admit that to you right now. But the point is, when we pulled up to this Tuscan farm, these converted farm houses. And it was this driveway, that I visualized the trees, I started crying. We pulled up and I said, Are you freaking kidding me? Like, this is exactly what I was dreaming about and thinking about every single day. And then there was the pool. And then there was the cheese, and the lovely coffee, and the wine and the olives and the fabulous food. And we had the most amazing time. Now I can say in retrospect, I didn't know it, then I just said I knew I was going to do it. That was the power of visualization. So it manifested that. So what I want to bring up to you guys today is that sometimes we have to get out of the cerebral. And like the writing of our lists, and I want to do X or I want to make X money, or I want to be the x person in the city, I want to be bla bla bla. So that's kind of literal and cerebral. Instead, let's get into more of the soul in the mind of at all. But like the the curious minds, and really feel what it's like and visualize your life like where are you in a year. So instead of the list, just close your eyes and think about it. So when I close my eyes, I have a very strong visualizations that pop up. And they have not changed. And I'm think about it all the time. Like I said, That's what I come back to. So just try that. So think about instead of saying things like, oh, I want to be successful, or oh, I want to sell 25,000 products, or oh, I want to expand this. Instead visualize where you are, like who you're talking to? Where are you sitting? Are you in a house? Are you on a yacht? Are you in Italy? Where are you in a year, and then you can back everything out, that's going to support it. So say you are an accountant. And you have these dreams of expanding your business. But working less, you know, hiring somebody, don't allow yourself to travel more, maybe work remotely, etc, etc. Instead of thinking about, Oh, I'm going to hire somebody in this and that, think about where you are. So instead, close your eyes and visualize yourself in, say, Italy or in France, and you're with your family or your with yourself or your friends. And you are living the life that you desire. And maybe you're checking in on a

client or you know, once or twice, maybe you're living in France for the whole entire summer and working remotely. So do you see how that's a little bit more powerful than thinking about, Oh, well, I want to hire somebody. So I can then do this versus putting yourself in that place. So you can actually feel what that's like working in France for like a month. And you know, you're surrounded by beautiful trees or a farmhouse, maybe there's a pool, you're having coffee at the cafe. And so you're naturally going back at everything that needs to happen to get you there. Of course you need to hire somebody, of course, you need to probably put systems in place to streamline operations. Maybe you need some, you know, new tech or a new computer or three new assistants or whatever it is you need to back out the type of clients you want to get you to that spot so their longer term clients it's not the turn and burn that you desire to have XYZ type of client you want to get rid of the other client that sexy drive all your time. Put those types of plans into place, but in your visualization. So your personal vision board your mind's eye, you're not looking at spreadsheets, you're not looking at, you know, a roomful of assistants, you're looking outside the window of the place you're staying in France in laughing because it's so gorgeous. And you're done working and you're having your glass of wine at four o'clock. Can you feel how powerful this is? Conversely, maybe you're out there and you You got, I don't know what business you have, and you want to be the leader in that field. So instead of going, Okay, I need to sell this many widgets and that data and blah, blah, blah to get to that place. Think of what maybe what that Holy Grail is for you. Is it speaking at some big event at a TED Talk? Is it being the keynote speaker somewhere, visualize yourself, giving that keynote. There's a whole crap ton of work that has to go into getting you there. But you're not going to think about those lists, you're going to think about that feeling. And you being on that stage, speaking to that group you want to speak to, can you feel that? See how that like shifts, it's such a powerful practice. And there's all sorts of research and all sorts of people out there who will tell you, you know, if you think it, feel it, dream it, and you're going to be it. So it's, the universe is going to have no choice. But to bring it to you. I mean, look at that Italy trip, I have a smaller, more random example. I remember I did a yoga teacher training a couple years ago, just to deepen my yoga practice, because it's literally my first love. And I remember I was put on the spot to do a handstand in front of everybody. And I close my eyes, and I just visualized myself doing it. This is no joke, I did it. And I since told other people to do this, you really have to close your eyes. And visualize just like other athletes do like hitting the ball, or like crossing the finish line, or making that play or shooting that basket. Whatever it is. I visualized myself in the steps that I needed to take to do a handstand. And I did it. And then I open my eyes. And then I did the handstand. And lo and behold, I didn't come crashing and burning in front of the 20 people that were in the the teacher training with me. I popped right up. And I hadn't done it before. And I'm not joking. The visualization was so powerful. And I still do that to this day. If I'm trying to do other yoga poses I'll be I'll be like, alright, what are the steps that I need to take to get there, close my eyes, visualize myself doing it. And I do it. I've actually brought this practice into play with my kids. I said, just visualize yourself, you know, scoring the goal, visualize yourself, making that great pass, or visualize yourself, making the team just so it gets into their consciousness. And so they're thinking about how they're feeling at the end versus sort of those steps that they're taking. It's really powerful, everyone, it's really powerful. So just try it. You know, later on, when you're in a safe spot. Just close your eyes, and really think about, I know there's something on your heart that you want to accomplish. So just think about that feeling and where you are and just visualize, you know, is it France? Is it on a stage? Is it working in Italy? Is it sitting in a room with 20 people because they're your health coaching clients, whatever it is. Visualize the room filled with people, visualize yourself on stage, visualize yourself working remotely from Hawaii. And boom, you're going to start putting all the

actions into place to making it happen. This is one of my most favorite tools. I believe it's one of the most important tools you can have in your toolbox to getting what you want. So ladies, have fun visualizing everything, and I hope you have a fabulous day