

Chapter 1

The *reality* of your vision will lead to the *realization* of your dreams!

You cannot create anything you want from life if you cannot see it as a possibility. Period. It's never going to happen.

In order for your dreams to manifest into reality, you must have a distinct vision to help you navigate through life. Having a vision is also critically important to substantiating the meaning of your life and validating the reason you are here.

Every single one of us has a vision. We may each call it by a different name—a *dream*, a *wish*, or a *hope*. But how do you get from having a dream to seeing it come true?

The long answer? Many things need to be set in motion and accomplished before your dream manifests itself.

The short answer? It begins with imagination.

The Importance of Imagination

Imagination is the only state of mind that allows us to be free from the limiting reality we live in. Allowing our imagination to flow freely liberates us from the restraints of regular life.

Imagination creates a vision for us to see what could be. Imagination gives us hope in the face of adversity because it has no limits. It allows us to believe in possibilities that would not otherwise exist. It allows us to feel invigorated, alive, optimistic, and enthusiastic. It connects us to a deeper part of ourselves.

I believe:

Imagination is the essence of sustained motivation toward the accomplishment of any goal.

Imagination connects you continually and sustainably to a tangible outcome. It determines your behavior.

Did you realize that your imagination has an actual physiological impact on your emotions, allowing them to be evoked positively or negatively? When you imagine, you physically feel what *might* transpire if the situation you are imagining becomes a reality!

Let me give you an example. We have all had the experience of constantly imagining a negative outcome of an event and immediately feeling our hearts begin to race as anxiety rises up within us. Perhaps you were in a tense situation and wondered:

What will the medical test reveal?

Will I embarrass myself at this presentation? What if I forget what I'm going to say?

Are those police lights flashing behind me?

We've all been there—but entertaining negative thoughts produces the same stress and anxiety as if the potential outcome actually happened! The body is reacting with physical symptoms to the images provided by our minds.

The reverse effect can also be achieved. If we imagine a positive, uplifting experience, don't we feel excited, elated, and energized? What a difference!

The fact is, your body is simply hardwired to respond to your mind, and your mind responds to the pictures you feed it. It's the same for all of us.

Now here is where things get very interesting. Your emotions and behavior are also tied to the images you visualize. Though often underestimated, this is a very powerful combination.

Understand and internalize this truth: your imagination is a reference point. It will help you find your life purpose and future as you visualize it. It is all about the mental pictures you create.

Let me ask you something. How many times have you really had your imagination roam in the recesses of your mind to come up with a huge idea, and been spurred to move forward on that incredible idea, only to be told by others that it is impossible?

Don't they ask you why you would even think or imagine such a thing? And if you don't have the education, finances, or resources, they really give you grief! Regardless of their intentions, they try to ground you before you even take the first step toward flight.

Sound familiar? If so, I want you to grab hold of the following truth:

No one has created a life of one's dreams by fulfilling the wishes of others.