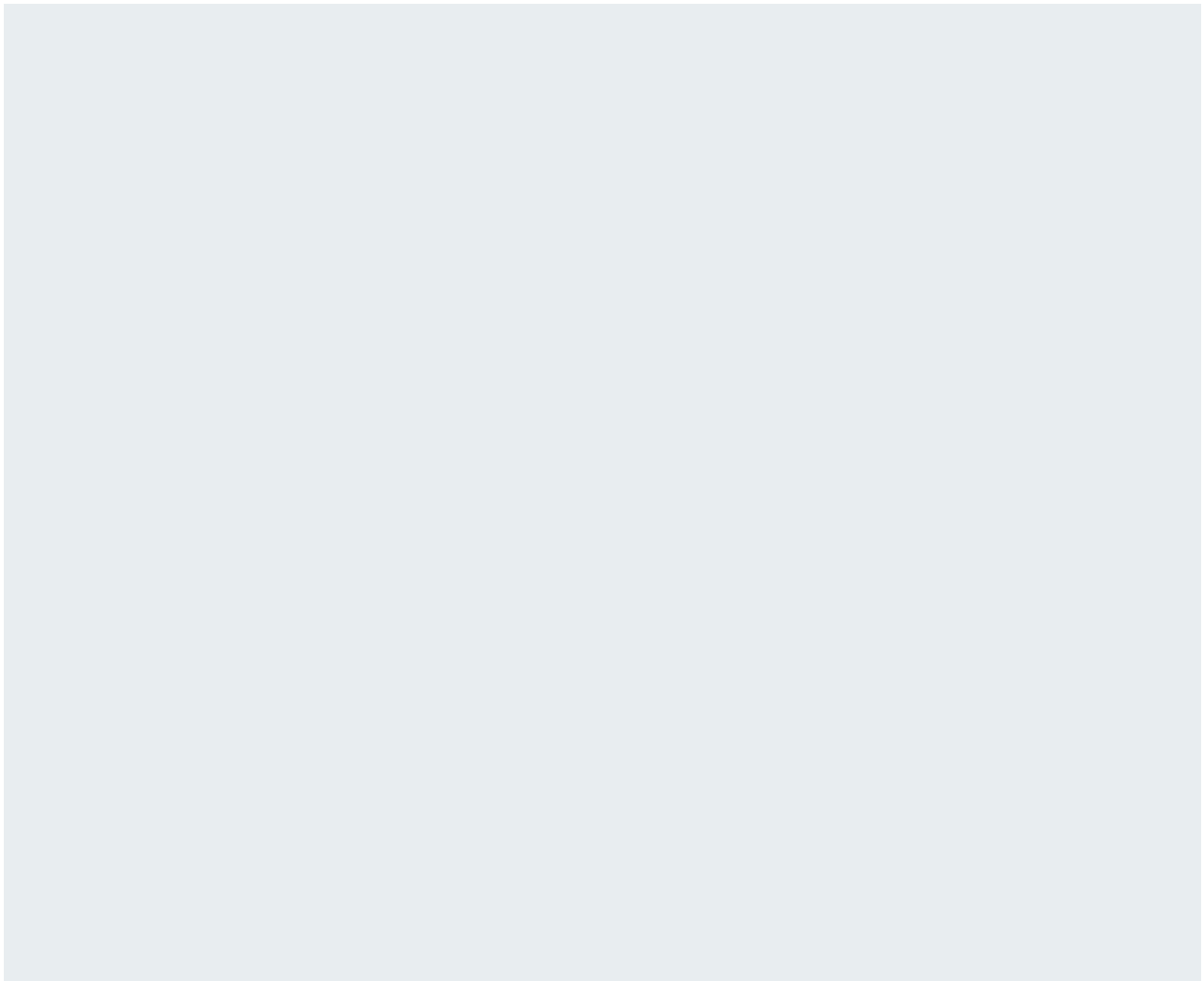


Using Imagery to Design Your Future

Apply imagery and P.V.C. to visualize and analyze a scenario.

Visualize a Future Goal

Imagine a specific goal or achievement you want to reach. Close your eyes and picture this goal as if it has already been achieved. What do you see, hear, feel, or even smell in this moment? Is your perspective internal (through your eyes) or external (watching yourself)?



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Apply imagery and P.V.C. to visualize and analyze a scenario.

Apply the P.V.C. Framework

Reflect on the imagery and use the PVC framework to adjust it:

Perspective

Switch perspectives—if you used an internal view, shift to external, or vice versa. What new details do you notice?

Vividness

Add more sensory details to your image. How do these enhance your vision?

Controllability

Imagine tweaking one part of your goal. For example, change a minor detail or refine the setting. How does this adjustment impact your overall vision?

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Link to Action Steps

Now connect your imagery to actionable steps. How does this visualized scenario motivate you to act? What specific actions will you take to make this vision a reality?