

# See What You Want, Get What You See

## Lesson Plans

Written by Erica Spivey

Based on The Success Principles for Teens: How to Get From Where You are to Where You Want to Be  
**Principle 8: See What You Want, Get What You See**

Imagination is everything. It is preview to life's coming attractions. – Albert Einstein

### 8.1 A World of Vision

Is there anything worse than being blind? A man with no sight and no vision. It is a terrible thing to see and have no vision.

The world we live in started as a dream or vision: the chair you're sitting in, the book you read, the clothes you're wearing - it was all just an idea at first.

### 8.2 The Proof

Proof about the power of visualization. You'll find that if you start waking up in the morning with new ideas about how you can reach your goals you might catch yourself doing things that help you achieve them.

You might:

Raise your hand in class for the first time.

Volunteer to take on new assignments or responsibilities

Speak out in class about something you're passionate about

Save money for things you want

Take more risk in your personal life

### 8.3 Picture Perfect

What do you think of when you hear the word money?

Your mind does not think in words, only in pictures. When you create pictures of goals in your mind- A's on your report card, getting acknowledged for sports, traveling around the world- your brain will work to achieve those things.

But what happens if you constantly feed your mind negative, fearful and anxious pictures? It will achieve those too.

### 8.4 Training Yourself to "See"

Make images in your head as clear and bright as possible. Each morning when you wake up and each night before you go to sleep, ready your goals and visualize the exact outcome you want.

Appeal to the senses:  
Make it emotional

### **8.5 The Power of a Vision Board**

Visualization is daydreaming with a purpose.

Vision boards are extremely powerful tools- you can help your brain make the visualization process more powerful with images.