

VISUALIZE & RECREATE



RECREATING YOUR REALITY

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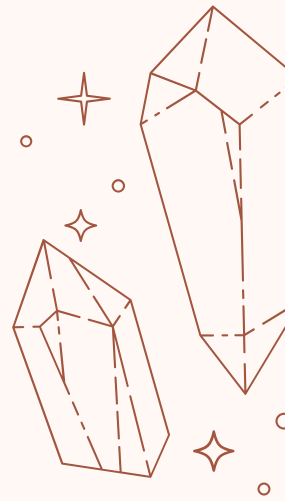
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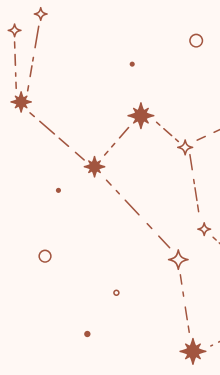
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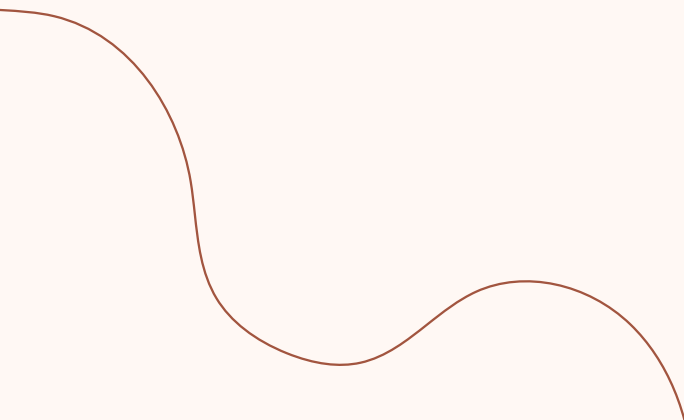
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Chapter 1: Preparation

In this first chapter, I will guide you through the essential steps you should take to prepare before beginning your 21-day visualization practice. Proper preparation is crucial to ensure the success and effectiveness of your practice, as it will help you set clear goals and develop a positive and focused attitude.

Throughout this chapter, you will learn how to clearly and specifically define your goals, how to choose the right time to begin your practice, how to create an environment conducive to visualization, and how to clear your mind and reduce stress before you begin. We will also explore some effective techniques for relaxing and centering yourself, and how to make the most of your visualization practice.

Remember that proper preparation is critical to any successful project, and your visualization practice is no exception. So take the time to prepare well before you begin, and you'll be ready to take the first step toward realizing your desires and dreams!

How to define your dreams and desires:

Identify your short-, medium- and long-term objectives in a SMART (Specific, Measurable, Achievable, Realistic, Time-bound) manner.

Identifying your short-, medium- and long-term goals in a SMART (Specific, Measurable, Achievable, Realistic, Time-bound) manner is one of the most important steps in preparing for your visualization practice. Defining clear and specific goals will help you focus your mind and energy on what you really want to achieve. Energy on what you really want to achieve, and to set achievable and realistic goals that you can work toward over the 21 days. Work toward over the course of the 21 days.

Here are the five key elements of the SMART methodology for goal setting:

Specific: The objective must be clear and specific. Define what you want to achieve in a precise and detailed way. For example, instead of saying "I want to be happier," you should be more specific and say "I want to find a job that I am passionate about and that allows me to work from home."

Measurable: The objective must be measurable and quantifiable. This means that you should establish a way to measure progress toward your goal. For example, instead of saying "I want to lose weight," you should be more specific and say "I want to lose 10 pounds in the next three months."

Achievable: The goal should be achievable and realistic. Make sure the goal is challenging, but achievable. This means that you should consider your skills, resources, and limitations to set goals that are realistic and achievable. For example, if you have no prior programming previous programming experience, it is unrealistic to set a goal of being a programming expert in three weeks.

Realistic: The goal should be realistic and relevant to you. Make sure the goal is aligned with your values, interests and long-term objectives. For example, if your long-term goal is to be a successful entrepreneur, it is not relevant to set a goal to learn how to cook gourmet food.

Time-limit: The objective must have a set time-limit. This means that you should set a deadline for achieving the goal. This will help you maintain a sense of urgency and focus your energy to achieve the goal. For example, instead of saying "I want to learn a new language," you should be more specific and say "I want to learn French in six months."

Once you have identified your short-, medium- and long-term SMART objectives, it is important to write them down on paper or on a worksheet. This way, you will be able to visualize them clearly and review them regularly to make sure you are making progress toward your goal.

Remember that setting SMART objectives is a powerful tool for effective visualization and for achieving your long-term goals. By having clear and specific goals, you will be able to focus your mind and energy on what you really want to achieve, and this will help you get better results throughout your visualization practice.

In addition to following the five key elements of the SMART methodology, there are some additional guidelines that can help you define effective goals. Here are some tips you can follow:

- **Be realistic about the time you have available:** It is important that you set goals that are realistic for the time you have available. If you have a busy schedule and not a lot of free time, it is unrealistic to set goals that require hours and hours of daily practice. Instead, you should set goals that are achievable in the time you have available.
- **Make your goals exciting:** It's easier to work on goals that really excite and motivate you. If you are not excited about your goal, it is unlikely that you will have the motivation to work on it in the long run. Try to set goals that are exciting and motivate you to work hard.
- **Set goals that are aligned with your values:** The goals you set should be aligned with your values and principles. If you are not sure what your values are, take the following steps.
- **Break your goals into smaller tasks:** Sometimes goals can seem overwhelming and unrealistic. If you find yourself in this situation, a good strategy is to break the goal into smaller, achievable tasks. By setting smaller goals, it will be easier for you to make progress toward your overall goal.
- **Review your goals regularly:** It's important to review your goals regularly to make sure you're making progress toward them. If you realize that you are not making progress as you had hoped, take some time to reflect on what is happening and adjust your strategy accordingly. Reviewing your goals regularly will also help you maintain a sense of direction and purpose in your visualization practice.

In summary, identifying your short-, medium- and long-term goals in a SMART manner is an essential part of preparing for your visualization practice. By following the five key elements of the SMART methodology, as well as some additional tips, you will be able to set effective and realistic goals that will help you focus your mind and energy on what you really want to achieve. Remember that goal setting is only the first step; success depends on your ability to work hard and maintain your focus and motivation throughout your visualization practice.

Once you have identified your short-, medium- and long-term goals in a SMART way, it's time to start working on your visualization practice. Here are some steps you can follow to get started:

- **Find a quiet place:** In order to focus on your visualization practice, it's important to find a quiet place where you can sit important to find a quiet place where you can sit and relax without distractions. If possible, find a place where you can be quiet and uninterrupted.
- **Establish a regular schedule:** To get the best results from your visualization practice, it is important to make it part of your daily routine. Try to establish a regular schedule for your visualization practice and try to stick to it as much as possible. This will help you form a habit and make sure you are devoting sufficient time to visualization.
- **Use relaxation techniques:** Before you start visualizing, take a few minutes to relax. You can use relaxation techniques such as deep breathing, meditation or progressive muscle relaxation. This will help you reduce stress and prepare your mind for the visualization.
- **Visualize your SMART goals:** Once you are relaxed, it is time to start the visualization. Imagine your SMART goals in a detailed and vivid way. Visualize every detail of what it will look like, how it will feel and how it will be achieved. Try to involve your five senses in the visualization to make it as realistic as possible.
- **Maintain a positive focus:** It is important to maintain a positive focus during the visualization. Instead of focusing on what you don't have or what you lack, focus on your accomplishments and what you are working to achieve. Visualize your goals as if you have already achieved them, and feel the excitement and satisfaction of having achieved them.
- **Repeat the practice daily:** Daily practice is key to getting the best visualization results. Try to do the visualization at least once a day, preferably at the same time and place. The more you practice, the easier it will be for you to visualize and the more effective the practice will be.

Remember that visualization is a powerful and effective practice to help you achieve your short, medium and long-term goals. If you find yourself struggling with visualization, don't give up. Take a break and try again later. The more you practice, the easier it will become and the more effective the practice will be. Over time, you will notice how visualization begins to positively impact your life and your goals.

Describe them clearly and in detail so that you can visualize them better:

When describing your goals, it is important that you describe them clearly and in detail so that you can visualize them accurately. Instead of simply saying "I want a better job," you should describe what exactly a better job means to you. Is it a job that gives you more pay? Is it a job that allows you to work on something you are passionate about? Is it a job that gives you more flexibility in your schedule?

As you describe your goals, try to use words and phrases that are specific and concrete. Instead of saying "I want a new car," describe the type of car you want, the model, color, make, size, etc. This will help you create a more detailed and realistic mental picture of what you want.

Also, when describing your goals, make sure they are realistic and achievable. It's important to have big goals and dreams, but you should also make sure they are achievable in a reasonable amount of time. If your goals are too ambitious and unrealistic, you may feel discouraged or overwhelmed, and this can diminish your ability to visualize.

Finally, remember to include a time limit on your goals. Without a defined deadline, it is easy to procrastinate or put off taking the necessary action to achieve your goals. Therefore, it is important to set a realistic and specific deadline for each of your goals. This will help you stay motivated and focused on achieving your goals.

In summary, when describing your goals, it is important that you describe them clearly and in detail so that you can visualize them accurately. Use specific and concrete words and phrases, make sure they are realistic and achievable, and set a specific deadline for each one. By following these steps, you will be well on your way to manifesting your desires and achieving your goals.

In addition, it is important to remember that visualization is not simply passively imagining your goals. It also involves feeling the emotions and sensations associated with achieving your goals. By describing your goals clearly and in detail, you can also visualize how you will feel when you achieve them. Will you feel excited, relieved, happy, proud? Try to connect emotionally with your goals by describing and visualizing them.

Another important aspect to consider is the relevance of your goals. It is important to ask yourself if the goals you have set are aligned with your values and life purpose. If your goals are not aligned with your values and life purpose, you may not feel satisfied or motivated even after achieving them. motivated even after you achieve them. Therefore, make sure your goals are consistent with what you really want in life. consistent with what you really want in life.

In summary, describing your goals clearly and in detail is a crucial part of the visualization process. By doing so, you can create a more detailed and realistic mental picture of what you want to achieve. Be sure to use specific and concrete words and phrases, make your goals realistic and achievable, and set a deadline for achieving them. realistic and achievable, and set a deadline for each of them. Also, connect emotionally with your goals and make sure they are aligned with your values and life purpose. By following these steps, you will be on the right path to visualizing and manifesting your goals.

Prioritize them according to their importance to focus your energy and time on what really matters to you.

Once you have identified your short-, medium- and long-term goals and described them clearly and in detail, it is important to prioritize them according to their importance. This way, you will be able to focus your energy and time on what really matters to you and avoid getting distracted by less important goals.

One way to prioritize your goals is to use the Eisenhower matrix, which helps you classify your tasks into four quadrants based on their importance and urgency. In quadrant 1 are important and urgent tasks, which require your immediate attention. In quadrant 2 are important but not urgent tasks, which are crucial to achieving your long-term goals. In quadrant 3 are the urgent but not important tasks, which can be delegated or eliminated. And in quadrant 4 are the tasks that are neither important nor urgent, which can be eliminated without any problem.

Another way to prioritize your goals is to use the 80/20 Rule technique, also known as Pareto's Law. This rule states that 20% of your efforts produce 80% of your results. Therefore, it is important to identify which objectives will lead you to achieve the 80% of your results and focus on them instead of devoting time and energy to less important objectives.

Once you have prioritized your goals, it is important to focus on them in a disciplined and consistent manner. Spend time each day working on your most important goals and be sure to set realistic deadlines for each of them. If you find yourself procrastinating or distracted, remind yourself why these goals are important to you and how you will feel about achieving them.

In short, prioritizing your goals based on their importance allows you to focus your energy and time on what really matters to you. Use tools like the Eisenhower matrix or the 80/20 Rule to rank your goals and focus on the most important ones. And remember to work consistently and in a disciplined manner to achieve them. With good planning and focus, you'll be on the right track to achieve your goals and on the right path to achieving your goals and dreams.

In addition to prioritizing your objectives, it is important that you establish an action plan for each of them. That is, you must define the specific actions you need to take to achieve them. These actions must be concrete and measurable, and aligned with the objective you want to achieve.

An effective way to establish an action plan is to break down your goals into smaller, more manageable tasks. This way, you can progressively move toward your final goal and gain a sense of accomplishment and motivation along the way.

It is important that you also set realistic deadlines for each task. This way, you will be able to monitor your progress and make sure you meet your goals in the time you set. If you feel that you need more time to complete a task, it is better to adjust the deadline rather than getting frustrated for not meeting the deadline.

Another way to make sure you meet your goals is to involve others in your action plan. You can enlist the help of a friend or family member to support you along the way, or even hire a coach or mentor to guide and motivate you through the process.

Remember that reaching your goals requires effort, perseverance and dedication. It is normal that you will encounter obstacles along the way, but the important thing is that you do not get discouraged and continue working towards your goals. Celebrate each small achievement and remember why these goals are important to you.

In short, establishing an action plan for your objectives allows you to break them down into manageable tasks and make sure you meet your deadlines. Use tools such as task division and the involvement of others to facilitate the process. And remember that achieving your goals requires perseverance and dedication, but the results will be worth it.

Identification of your limiting beliefs and how to overcome them:

Identifying your limiting beliefs and how to overcome them. Limiting beliefs are ideas or thoughts we have about ourselves or the world around us that limit us in some way. They can be negative thoughts that tell us that we are not good enough, that we cannot achieve something, or that we do not deserve to succeed at something we want. We may have negative thoughts that tell us that we are not good enough, that we cannot achieve something, or that we do not deserve to succeed at something we want to do:

It is important to identify our limiting beliefs because these can act as barriers that prevent us from achieving our goals and dreams. If we believe that we can't do something, it is very likely that we won't do it, as our mind creates a self-fulfilling self-prophecy.

To identify our limiting beliefs, we must pay attention to our thoughts and emotions. If we find ourselves thinking or saying negative things about ourselves or our capabilities, it is likely that we have limiting beliefs. In addition, we can ask ourselves if these beliefs are really true, we can ask ourselves if these beliefs are really true and if they have any evidence to support them. Many times our limiting beliefs are just stories we tell ourselves and have no basis in reality and have no real basis in reality.

Once we have identified our limiting beliefs, it is important to work on overcoming them. Here are three strategies that can help you:

- **Change your negative thoughts to positive thoughts:** One way to overcome limiting beliefs is to change negative thoughts to positive thoughts. limiting beliefs is to change negative thoughts to positive ones. Instead of thinking Instead of thinking you can't do something, try thinking about all the things you can do and your strengths. your strengths. For example, instead of thinking "I'm not smart enough for this job," try thinking "I'm a smart enough job," try thinking, "I am a hard worker and I can learn what I need to do this job do this job.
- **Look for evidence that contradicts your limiting beliefs:** Another way to overcome limiting beliefs is to look for evidence that contradicts them. If you believe you can't do something, look for examples of people who have succeeded in circumstances similar to yours. If you believe that you are not good enough at something, think of all the times you have done a good job in other areas of your life. work in other areas of your life. This will help you see that your limiting beliefs are not necessarily true and that you can overcome them. necessarily true and that you can overcome them.
- **Take action:** Action is the best way to overcome limiting beliefs. If you believe that you can't do something If you think you can't do something, try to do it anyway. As you take action and face your fears, you will realize that you can your fears, you will realize that you are much more capable than you thought you were. In addition, taking action will help you will help you feel more confident and build positive momentum toward achieving your goals towards achieving your goals.

In summary, identifying and overcoming limiting beliefs is a crucial part of the process of visualizing and creating your dreams and desires. Through changing your negative thoughts, looking for evidence that contradicts your limiting beliefs, and taking action, you can overcome the mental barriers that prevent you from reaching your goals and achieving your dreams. mental barriers that prevent you from reaching your goals and achieving your dreams.

Identify your negative and limiting thoughts, and question their veracity to replace them with positive and motivating thoughts.

Identifying your negative and limiting thoughts is a crucial task in visualizing and creating your goals. These thoughts are those that tell you that you can't do something, that you are not good enough, that you don't deserve to succeed or that you can't achieve your dreams.

To identify these thoughts, it is important to pay attention to your everyday thoughts and reflect on them. If you have recurring negative thoughts, these are likely to be your limiting thoughts. Write these thoughts down in a journal to keep track of them.

Once you have identified your negative thoughts, it is important to question their veracity. Ask yourself if they are really true or if they are just a limiting exception that is preventing you from achieving your goals. Often, these limiting thoughts are irrational or exaggerated and can be defied with a critical reflexion.

A useful technique to replace your limiting thoughts is to create positive and motivating affirmations. These affirmations should be positive statements in the present tense that help you visualize your goals and replace your negative thoughts with positive, motivating thoughts.

For example, if your limiting thought is "I am not smart enough to succeed in my career", you can replace it with a positive statement such as "I have the ability and intelligence to achieve my career goals".

It is important that these affirmations are specific, credible and realistic. If you don't believe in your affirmations, it will be difficult for them to have a positive impact on your life.

Una vez que hayas creado tus afirmaciones, repítelas con frecuencia. Puedes escribirlas en tarjetas y colocarlas en lugares visibles como tu escritorio, tu espejo o tu refrigerador para recordarlas diariamente. También puedes recitarlas en voz alta o en silencio durante tus sesiones de visualización.

Practice visualizing your success and happiness, to reinforce your positive and motivating thoughts.

Visualization is a powerful tool that helps you create a clear and detailed mental picture of your success and happiness. By practicing visualization, you are reinforcing your positive and motivating thoughts, and you are programming your subconscious mind to work toward the realization of your goals and desires.

In order to practice visualization, you need to find a quiet and comfortable place where you can

relax and concentrate. You can do it at any time of the day, but it is recommended that you do it in the morning before starting your day or at night before going to sleep.

Once you are in a relaxed state, begin to visualize your goal or desire vividly and in detail. Imagine all aspects of your goal: how it looks, feels, sounds, smells and tastes. If possible, add positive emotions and feelings of accomplishment to the visualization.

You can visualize different scenarios, from the moment you reach your goal to the steps you must take to get there. Remember that visualization is a personal and unique practice, so you should do it in the way that works best for you.

In addition to practicing visualization in a relaxed state, you can also do it at any time of the day. For example, when you feel unmotivated or stressed, close your eyes for a few minutes and visualize your success and happiness. This will help you regain motivation and focus.

Remember that visualization is only part of the process of creating the life you want. It is important that you also take concrete steps toward your goals and desires. Visualization helps you program your subconscious mind to work toward your goals, but you still have to do the real-life work of taking steps to achieve them.

In summary, practicing visualization is a powerful tool to reinforce your positive and motivating thoughts and program your subconscious mind to work towards your goals and desires. Spend some time each day visualizing your success and happiness, and remember to take concrete steps toward your goals and desires in real life.

Identify your values and how they drive you to achieve your goals.

Identify your values and how they drive you to achieve your goals.

To identify your values, you can start by making a list of the things that are important to you. You can ask yourself what is important to you in life, what are the things that make you happy, what are your core principles, etc. Once you have a list, you can start categorizing your values in different areas of your life, such as family, career, health, relationships, creativity, among others, relationships, creativity, among others.

Once you have identified your values, it is important to understand how they relate to your goals. Your values can be a great source of motivation, as they represent what is important to you. If you have a goal that aligns with your values, you are likely to have more motivation to achieve it. For example, if you highly value health and wellness, you are more likely to be motivated to set and achieve goals related to exercise and healthy eating.

On the other hand, if you have a goal that does not align with your values, you may be less motivated to achieve it. If your values include honesty and integrity, but your goal is to cheat someone to gain an advantage, you are likely to feel uncomfortable and less motivated to achieve that goal.

When you identify your values and relate them to your goals, you can also make more informed decisions. If you have a goal that seems to be in conflict with your values, you can make a more conscious decision about whether it is a goal you really want to pursue or whether you need to find a way to achieve it without compromising your values.

In addition, when you have clarity about your values and how they relate to your goals, you can feel a greater satisfaction and sense of purpose in your life. By setting goals that align with your values and working to achieve them, you can feel that you are living a life that is significant and consistent with your core principles.

In summary, identifying your values is an important part of the process of visualizing and recreating your desires and dreams into reality. By understanding your values and how they relate to your goals, you can find the motivation you need to achieve them, make more informed decisions, and feel a greater satisfaction and sense of purpose in your life.

Preparation of a suitable environment for visualization:

Preparing a suitable environment for visualization is a key step in the process of manifesting your desires and dreams into reality. Visualization requires concentration and focus, and creating a quiet, distraction-free space can help you achieve that state of mind.

Here are some tips on how to prepare a suitable environment for viewing:

- 1. Encuentra un lugar tranquilo: Busca un lugar en tu hogar que sea tranquilo y libre de distracciones. Si es posible, utiliza una habitación que no utilices con frecuencia y que puedas cerrar con llave para tener privacidad.
- Asegúrate de que el lugar esté bien iluminado: La iluminación es importante para crear un ambiente agradable y cómodo. Busca un lugar con buena iluminación natural o utiliza una lámpara que brinde una luz suave y cálida.
- Utiliza aromaterapia: Los aromas pueden ayudarte a crear un ambiente relajante y tranquilo. Utiliza aceites esenciales, velas aromáticas o incienso para crear un aroma agradable en el ambiente.
- Utiliza música relajante: La música puede ayudarte a crear un ambiente relajante y calmado. Busca música relajante, como sonidos de la naturaleza o música instrumental suave, y ponla en un volumen bajo para no distraerte.
- Usa objetos que te inspiren: Utiliza objetos que te inspiren y te motiven a visualizar tus deseos y sueños. Puedes colocar fotos de lugares que te gustaría visitar, objetos que representen tus metas o frases motivadoras que te inspiren.

Remember that visualization is a process that requires time and practice, but with proper preparation you can create an environment conducive to achieving your goals and objectives. Dedicate time and effort to create a space that will help you concentrate and focus on your dreams and you will see how they will gradually come true little by little they will become a reality.

Chapter 2: Visualization techniques

Visualization is a very powerful technique that helps you connect with your desires and dreams, and attract them into your reality. There are several forms of visualization that you can use to achieve the manifestation of your goals. In this chapter, we will explore some of the most effective visualization techniques to help you achieve your goals.

1. Creative Visualization

Creative visualization involves creating detailed and vivid mental images of your goals. This technique helps you connect with your desires on a deeper level, which increases the likelihood that they will manifest in your reality. To practice creative visualization follow these steps:

- Find a quiet place where you can sit comfortably without distractions. You can listen to soft music or nature sounds to help you relax.
- Close your eyes and take several deep breaths. Imagine that you are breathing in bright, white light that fills you with positive energy.
- Visualize the final result of your goal. Create a detailed mental picture of what you want to achieve. Include as many details as you can, such as colors, textures, sounds, and smells.
- Feel what it would be like to have that goal in your life. Imagine the excitement, happiness and well-being it would bring you.
- Hold the visualization for a few minutes before opening your eyes. Visualize how your goal manifests in your reality and how it feels to achieve it.

1. Guide Display

Guidance visualization involves imagining yourself being guided toward the manifestation of your goal by a higher force. This technique can help you let go of control and worry, and confirm in the process of life. To practice guidance visualization, follow these steps:

Find a quiet place where you can sit comfortably without distractions. Close your eyes and take several deep breaths. Imagine that you are breathing in bright white light that fills you with positive energy. Imagine a higher being, whether it is an angel, spirit guide or your higher self, guiding you toward the manifestation of your goal. Feel their love, support and wisdom. Visualize them guiding you toward the manifestation of your goal. Feel the confidence and peace of mind their guidance gives you. Hold the visualization for a few minutes before opening your eyes. Feel the sensation of being guided toward the manifestation of your goal.

1. Script Visualization:

Writing visualization involves writing a detailed description of your goal as if it has already manifested in your reality. This technique helps you connect with your goal in a deeper way and clarify your thoughts and feelings about it. To practice writing visualization writing, follow these steps:

1. Find a quiet place: Take a piece of paper and a pencil and find a quiet place where you can sit down without distractions.
you can sit without distractions.
2. Write a detailed description: Write a detailed description of your goal as if it has already manifested in your reality.
manifested in your reality. Describe all the details, how it feels to have achieved that goal, what your life looks like now that you have achieved it, and how you have changed as a person.
person .
3. Use positive language: Be sure to use positive language in your description. Instead of saying saying "I don't want any more debt," say "I enjoy a debt-free financial life."
4. Feel grateful: Feel grateful that you have achieved your goal. Imagine that you have already and feel the gratitude that floods you for having achieved it.
5. Read your description daily: Read your description daily to keep your goal fresh in your mind and continue to work towards it in your mind and continue working towards it.

Writing visualization is a powerful technique that helps you connect with your goal and clarify your thoughts and feelings about it. By writing a detailed description of your goal, you can visualize it more clearly and feel more motivated to achieve it. Remember use positive language and feel gratitude for reaching your goal, as this will help you maintain a positive and focused attitude. This will help you maintain a positive and focused attitude.

Chapter 3: Implementation of the methodology for 21 days

A 21-day routine to visualize and recreate is a powerful tool to transform your life. This practice consists of dedicating time daily for 21 consecutive days to visualize and recreate your ideal reality. By doing so, you train your mind to focus on what you want and send clear signals to the universe to bring you opportunities and experiences aligned with your goals. It is an effective way to reprogram your subconscious mind and create new beliefs and thought patterns that help you manifest your desires. The key to success in this practice is consistency and commitment to maintain it for the entire 21-day period.

Establishing a schedule for visualization and making it part of your daily routine can be key to making sure you practice it regularly. It is important to find a time of day when you can dedicate a few minutes without interruptions and in a quiet environment to concentrate. You may choose to do this in the early morning before you start your daily activities, during lunch, or before going to bed in the evening. The most important thing is to find a time that suits you and do it consistently to get the best results. You can include visualization in your daily schedule just like any other important task you have to do.

Keeping track of your progress in visualization is an effective way to maintain your motivation and evaluate your performance. You can create a journal or tracking sheet where you record your visualization sessions, the time you spent and the results you experienced. This will allow you to see how you are progressing toward your goals and give you a greater perspective of your progress over time. In addition, keeping a log will also help you to identify which visualization techniques work best for you and adjust your approach accordingly.

Cuando estableces un plan de visualización, es importante recordar que este no es algo fijo y puede ser necesario hacer ajustes a medida que avanzas. Si no estás viendo resultados, es posible que debas modificar tu técnica o la frecuencia de tus visualizaciones. También puede ser necesario ajustar tus objetivos si te das cuenta de que no son realistas o no te están llevando a donde quieres estar. Lo importante es ser flexible y estar dispuesto a hacer cambios cuando sea necesario para asegurarte de que estás avanzando en la dirección correcta. Mantener un registro de tu progreso también puede ser útil en este sentido, ya que te permite evaluar tu desempeño y hacer ajustes según sea necesario para alcanzar tus metas.

Maintaining discipline can be a challenge when it comes to following a visualization routine, especially when obstacles present themselves. However, there are several things you can do to maintain your focus and overcome potential obstacles. One of the most important things is to remember why you are doing the visualization and how it relates to your long-term goals. Also it's helpful to set visual reminders of your goal, such as a vision board or a list of goals, to keep them present in your mind. In addition, it is important to be compassionate with yourself if you find yourself struggling to maintain discipline, and to remember that mistakes are part of the learning and growth process.

To overcome time constraints, it is important to make visualization a priority in your daily schedule and set a dedicated time for it. This could mean waking up early to dedicate a few minutes to visualization before you start your day or scheduling a specific time before you go to sleep to practice the technique.

In the case of lack of motivation, it is helpful to remember why you started visualizing in the first place and how this practice can help you reach your goals. You can also try to incorporate elements that inspire you during visualization, such as motivational music or inspirational images.

Finally, to overcome negative thoughts that may arise during visualization, it is important to recognize them and question their veracity. Ask yourself if these thoughts are really true or if they are just fears or insecurities. Then replace them with positive and motivating thoughts. You can also practice writing visualization to help you clarify your thoughts and emotions about your goals to help you overcome mental obstacles that may arise.

Involving friends or family in your visualization process can be an effective way to gain additional support and motivation. You can share your goals and plans with people close to you and ask them to support you in your visualization process. If you have friends or family members who are also interested in visualization and reality creation, you can form a support group to motivate and help each other. You can also ask them to remind you of your goal or ask you about your progress to keep you accountable and motivated. Involving friends or family in your process can be a great boost to keep you focused on your goal and moving toward it.

Here is a 21-day routine to manifest and bring to reality a desire or dream. Remember that it is important that you commit to it and perform it with faith and discipline.

Day 1:

1. Spend a few minutes meditating and connecting with yourself.
2. Write down in detail the desire or dream you wish to manifest. Include as much detail as possible: what it looks like, feels like, smells like, etc.
3. Write a powerful affirmation that supports your wish or dream. For example: "I am worthy to achieve my goal."
4. Visualize what life would be like once your wish or dream has manifested.

Day 2:

1. Before you begin the visualization, make a list of all the things that make you happy and make you feel good about yourself.
2. Visualize how your desire or dream is integrated into your life and makes you feel even happier and more fulfilled.
3. Be grateful for the things you already have in your life and for the things that are yet to come.

Day 3:

1. Before beginning the visualization, take a few minutes to connect with nature.
2. Visualize how your wish or dream is in harmony with the natural world and how it contributes to a better world.
3. Take a few minutes to write down your thoughts and emotions after the visualization.

Day 4:

1. Before starting the visualization, take a few minutes to make a list of all the skills and resources you have to achieve your desire or dream.
2. Visualize how you use your skills and resources to achieve your desire or dream.
3. Take a few minutes to be grateful for your skills and resources and visualize how they are further expanded.

Day 5:

1. Before starting the visualization, take a few minutes to connect with your body through breathing and relaxation.
2. Visualize how your wish or dream contributes to your physical and mental well-being and happiness.
3. Take a few minutes to write down your thoughts and emotions after the visualization.

Day 6:

1. Before starting the visualization, take a few minutes to connect with your emotions and feelings.
2. Visualize how your wish or dream makes you feel even more emotionally fulfilled and happy.
3. Take a few minutes to be grateful for your emotions and feelings and visualize how they expand even more.

Day 7:

1. Before beginning the visualization, set a clear intention for your practice today.
2. Visualize your desire or dream in detail, including colors, sounds, smells and sensations.

Day 8:

1. Before you begin the visualization, reflexamine any fears or doubts you may have about your desire or dream.
2. Visualize how you overcome those fears or doubts and allow yourself to move toward your goal.
3. Focus on the thrill it brings you to have overcome those obstacles and achieved your goal.
4. Finish the visualization thanking yourself for overcoming your fears and doubts.

Day 9:

1. Before starting the visualization, take a few minutes to write down all the reasons why you want to achieve your goal.
2. Visualize how all those reasons are fulfilled and you feel a great satisfaction and joy for having achieved your goal.
3. Concentrate on the emotion that having achieved your goal brings you.
4. Finish the visualization thanking yourself for having achieved your goals and for all the reasons that led you to them.

Day 10:

1. Before you begin the visualization, reflect on any obstacles you have faced on the way to your goal.
2. Visualize how you overcome that obstacle and continue to move toward your goal.
3. Focus on the thrill it brings you to have overcome that obstacle and be closer to your goal.
4. Finish the visualization thanking yourself for overcoming that obstacle and for being closer to your goal.

Day 11:

1. Before starting the visualization, take a few minutes to write down the actions you can take to get even closer to your goal.
2. Visualize how you take those actions and get closer and closer to your goal.
3. Focus on the excitement of taking those actions and getting closer to your goal.
4. End the visualization by expressing gratitude for having taken the necessary actions to get closer to

Day 12:

1. Take a few minutes to reflect on your thoughts and beliefs in relation to your desire or dream.
desire or dream.
2. Visualize how you replace any limiting thoughts or beliefs with positive, motivating ones.
motivating one.
3. Write down a positive affirmation related to your goal and repeat it throughout the day.
4. End the visualization by expressing gratitude for transforming your thoughts and beliefs in support of your goal.

Day 13:

1. Before starting the visualization, take a few minutes to write down all the people who have supported you on your way to your goal.
2. Visualize how you surround yourself with these people and how they help you achieve your goal.
3. Concentrate on the emotion that the support of these people brings you and how they help you reach your goal.
4. End the visualization by thanking all the people who have supported you on your path.

Day 14:

1. Before starting the visualization, take a few minutes to write down all the people who have supported you on the way to your goal.
2. Visualize how you surround yourself with these people and how they help you achieve your goal.
3. Focus on the excitement you get from the support of these people and how they help you reach your goal.
4. End the visualization by thanking all the people who have supported you on your journey.

Day 15:

1. Before you begin the visualization, take a few minutes to reflect on any obstacles that may be preventing you from
obstacles that may be hindering the manifestation of your desire or dream.
2. Visualize how you overcome those obstacles with confidence and determination.
3. End the visualization by giving thanks for the strength and wisdom you have to overcome any obstacles.

Day 16:

1. Before starting the visualization, write down a list of positive affirmations related to your wish or dream.
2. Visualize how these affirmations come true in your life, feeling the joy and excitement of having achieved your goal.
3. Finish the visualization thanking for the abundance and happiness you already have in your life and for the manifestation of your desire or dream.

Day 17:

1. Before you begin the visualization, take a few minutes to reflect on how you can contribute to the well-being of others with your wish or dream.
2. Visualize how your wish or dream also benefits other people, feeling the joy and satisfaction of having helped others.
3. End the visualization by expressing gratitude for the opportunity to make a positive difference in the lives of others and for the manifestation of your dream.

Day 18:

1. Before beginning the visualization, take a few minutes to connect with nature and the universal energy.
2. Visualize how the universal energy flows through you and helps you manifest your desire or dream.
3. End the visualization by giving thanks for the connection with nature and universal energy and for the manifestation of your desire or dream.

Day 19:

1. Before you begin the visualization, take a few minutes to write a letter to yourself from the future congratulating yourself on achieving your goal.
2. Visualize how you receive that letter in the future, feeling the joy and satisfaction of having achieved your wish or dream
3. Finish the visualization thanking for the confidence and faith you have in yourself and for the manifestation of your wish or dream.

Day 20:

1. Before you begin the visualization, make a list of the blessings you have received in your life up to now so far.
2. Visualize how these blessings have brought you to where you are now and how they will help you reach your goal achieve your goal.
3. Concentrate on the emotion of gratitude and the feeling of having everything you need to achieve your dream.

Day 21:

1. Before you begin the visualization, think of a powerful affirmation that represents your desire or dream already manifested.
2. Visualize how this affirmation becomes a reality and how your life changes for the better.
3. Focus on the emotion of joy and satisfaction at having achieved your goal.

Congratulations! You have completed the 21-day routine to manifest and bring your wish or dream into reality. Remember that visualization is a powerful tool, but it is also important to take concrete steps to move towards your goal. May your dreams come true!

Conclusion

We are coming to the final of this ebook and I want to thank you for making it this far! I hope you have found the recommendations useful and they have helped you improve in different areas of your life.

Remember that true transformation and achieving your goals takes time, effort and perseverance. At times, the road may be difficult and you will face obstacles and challenges, but don't be discouraged.

Keep your vision clear in mind and keep moving toward your goals, even if it's one step at a time. Celebrate every little achievement you make along the way and don't give up at the first difficulty.

Remember that success is not only about reaching a goal, but also about enjoying the journey and growing as a person in the process. Learn from your mistakes and continue to improve every day.

I encourage you to apply the recommendations in this ebook in your daily life and wish you all the best on your path to success and happiness. Keep going and never stop dreaming!

I want you to know that you are on the right path to achieve your dreams and goals. Perseverance and dedication are key to achieving any goal you set for yourself in life. No matter how much time has passed or how many obstacles you have faced along the way, the important thing is that you never give up and always keep moving forward.

Remember that manifesting and creating the reality you desire takes time and effort, but each small step you take will bring you a little closer to your goal. Continue with your daily practices and keep your focus on what you desire. Sometimes there may be delays or difficult times, but don't give up. Always remember why you started and keep your motivation and passion in your mind and heart.

Most importantly, celebrate every little achievement and progress you make. Recognize and be grateful for all the blessings and opportunities that come your way. Keep a positive attitude and be open to new possibilities and experiences. No matter what the final outcome, you will be improving and growing as a person in the process.

So go forward with confidence and determination. You are the creator of your own reality and you can achieve anything you set your mind to. Follow your heart and pursue your dreams! I wish you all the best on your way to the realization of your desires and goals. Go ahead!