

Imagination Exercise

Thanks for downloading the Imagination Exercise Sheet!

To get the most out of this exercise you need to use it properly. Below I've listed some quick and easy guidelines to follow when using this exercise.

- Write your point of attention in the central box
(Your point of attention is the subject that you wish to gain new ideas around)
- Next, write down any words or ideas that you immediately have access to in the boxes surrounding the central box. When you first begin this exercise you may only be able to think of one or two initial ideas. But don't worry! Within just a few short minutes you can have the entire sheet completed effortlessly.
- Now focus on what you've just written in the outer boxes and begin to imagine them in your mind. Play out a little scenario around that idea and hold that vision in your mind for just 17 seconds.
- New ideas will begin 'popping' into your head. Write these new ideas and inspirations into the other remaining boxes as and when they come.
- Begin to focus on your new ideas and inspirations that you've just written down and play out a little scenario in your mind for just 17 seconds.
- Repeat the process until all of the boxes are completed (which shouldn't take you long!)

If you're having difficulty coming up with new ideas then take a short 5 minute break, go take a walk, have a nap or pet your cat until your mind is a little more clear and more focussed.

Wishing you much success,

Gary Evans

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