

## Achieving Your Goals With Positive Imagery

Did you know that your goals are always within reach? A lot of people have problems with goal setting because they don't actually see themselves attaining those things. When you are able to envision yourself reaching your goals, big and small, it is very powerful. When you use positive imagery you can literally see yourself in your minds eye, reaching those all-important goals. When you do this, it is much easier to keep moving forward even when you feel like you are standing still. Setting goals and sticking to your plans can be very difficult, but with the use of positive imagery it is much easier to keep your eye on the prize.

### Using Positive Imagery to Attain Goals

When you set a goal for yourself do you start talking yourself out of it the moment that you set it? Most people do this to one extent or the other and that means that you have to do things all the time to combat the negative internal dialog that you have going on. One great way to combat the negative energy that you may bring to goal setting is by using positive imagery.

Positive imagery is a great tool for just about anyone, with any goals, from any walk of life. The way that you use positive imagery is that you literally quiet your mind and visualize yourself attaining your goals, responding to a particular situation in a certain way, or reaching a stepping stone on the way to your goal. When you do this you are creating a mental roadblock for those negative thoughts that you have. Having that mental roadblock will make you much more prone to be successful where your goals are concerned than before you started using positive imagery.

There is no limit to what positive imagery can help you do. For many people it is a tool that they use to calm themselves. For instance, before a speech or public speaking engagement you may need to literally picture yourself going through the entire speech with confidence and in a calm manner. When you do this you are creating a mental roadmap for yourself that is built on positive thoughts instead of negative ones. Positive imagery has helped millions of people get through things they never thought possible on the way to attaining their goals.

A great way to make positive imagery a part of your every day life is through the use of free desktop wallpapers. Sounds simple and like it has nothing to do with positive imagery, but it has everything to do with it. Many of these wallpapers are very motivational with beautiful images and sayings that can help you with that positive imagery. It is a great tool to have at your disposal, especially when you are at work and you need a positive image to focus on! When you're having a bad day you can imagine yourself going into the image, feeling the tension and frustration leave your body! There is no limit to the usefulness of these inspirational desktop backgrounds!

### About the Author

Shannon M. Clooney is a motivation and personal development expert. She highly recommends you to [download free wallpapers](#) and [free calendar desktops](#) to inspire you to reach greater heights and accomplish more.

Source: [www.isnare.com](http://www.isnare.com)

Source: <http://articles.exospy.com>