

## Keeping Your Eye on the Prize With Positive Images

It can be difficult to keep motivated to reach your goals because it always seems that life will get in the way of your plans. Just when you have hit your stride or gotten into a good rhythm it seems that something will come up and cause bumps in the road that puts you totally off course. You may only get off track for a few hours or days, but this can allow you to take your eye off the prize. ***Instead of having your focus shift or to lose focus altogether, you can use positive imagery to help you keep moving forward.***

### Using Positive Imagery

Positive imagery is a great tool when you feel that you are going off course in life or on the way to reaching your goal. You can use visualization to help you get through any situation. When you are tired or just having a bad day and you don't feel like doing what you need to do to get where you want to go, you can use positive imagery to envision yourself reaching your goals. Here's a positive imagery exercise you can try: imagine yourself in a peaceful setting when you are feeling anything but peaceful.

How does positive imagery work?

During those times when you are feeling overwhelmed, sad, depressed, angry, or frustrated you might feel like giving in. Instead of giving in or allowing for your emotions to dictate your behavior you can use positive imagery to help you get back on track. When you feel like your emotions are about to boil over you can look at a picture that you find particularly inspiring or peaceful and you can imagine yourself there. For some people simply staring at a picture like this will help them keep their eye on the prize, while other people like to take it a step further and actually imagine themselves in the setting. You do what works for you!

***You can use positive imagery wherever you go, whenever you have the need to get and stay focused on your goals.*** If you feel like you could use some positive imagery at work or in your home office you may want to download free wallpapers. Free wallpapers will transform the background of your computer from dull and inspiring to positive and a place where you can go when you just can't take it anymore. When you download free wallpapers you are transforming your computer from being just a computer to a positive imagery tool that can help you keep your eye on the prize no matter what is going on in your life.

It doesn't matter what your goals are, how far off they are, or what you do with your time, you can make positive imagery a part of your life. When you make this a part of your life you'll not leave any room for negativity and self-doubt, instead you'll turn to the imagery when you need to refocus and as a result you'll reach your goals more quickly and easily than you might have imagined.

### About the Author

Shannon M. Clooney is a personal development enthusiast who recommends [free wallpapers downloads](#) and [free desktop calendars](#) to achieve more in less time.

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

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