

*The Magical Techniques Series - Abundance*

# **Your Ultimate Guide to Treasure Charts & How to Make Them Work for You**



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# Part One

## The Creation of Your Treasure Chart

Welcome to this short treatise on Treasure Charts, in it I intend to give you *everything* you need to start using this powerful technique and start getting results from it.

Vision boards, or dream boards and Other Goal Visualisation Techniques have been around in one form or another for centuries...

In fact, there is plenty of evidence to suggest that the prehistoric art on cave walls and ceilings was a form of 'Vision Board', visualising a good hunt and the success of the tribe.

Recently they have become popular again, however these are a simplified versions of a **Treasure Chart** and often miss out on some of the aspects that make them really work.

## Your Treasure Chart is Literally That... Treasure!

It's ALL the things that are treasures for you. The things that you would like to have for yourself that will be good for you, your family and friends...

Images of the things you would like to have as well as the experiences you would like to have.

One of the things a Treasure Chart does is to focus your Reticular Activation System (RAS).

With your RAS focused on a target, you become drawn towards it effortlessly noticing opportunities that were always there but that you didn't notice before. And you will start taking action because of the good feelings your going to attach to the images in your mind.

In this guide we will be looking at how that happens and how you can take a proactive role in increasing your success with it later...

## **First, What is Your Reticular Activation System?**

Imagine you are at a party, talking to someone, there is music playing and lots of other people there having fun. Then over on the other side of the room someone says your full name, instantly you hear it.

Of all the conversations and noise going on in that environment suddenly you hear your name from the other side of the room. This is your RAS in action. All those sounds you hear, they are all going in, they are being collected by your ear but your conscious attention is focused on the person you are talking with until something triggers your RAS.

Your RAS is like a filter between your conscious mind and your unconscious mind. And the great news is it's easy to give instructions to your unconscious mind to carry out.

The instruction 'listen out for my name' is already there, that's why you hear your name being said on the other side of a noisy room. By using this process you will be creating new instructions, ones that you have actively chosen, ones that make your life better.

By focusing your Reticular Activation System on a thing, you draw towards you more of that thing. You draw it towards you because you are 'out there' looking for it. Actively seeking it out.

So while your RAS is continually focused on the things you want to bring into your life your Treasure Chart, just like a treasure map, is to be hidden from plain sight.

## Hidden Treasure

One of the things that makes this so powerful is that it's NOT on display.

You are not constantly walking passed it, sometimes ignoring it. You are not walking passed it 'seeing' it when you are tired, frustrated or in a bad mood and thereby associating negative feelings to the images on your Treasure Chart.

So you are to select a place to put up your Treasure Chart where you have to actively go and look at it. This very act makes it something that becomes exciting, secret and powerful.

Choose your 'hiding place' carefully. Somewhere where you will only see it when you go to deliberately look at it. Pick a location that you can go to at least once each day and look at it.

There is a little bit more than simply looking at it. I will be showing you a couple of powerful psychological techniques to activate your RAS. To align your conscious mind and your unconscious mind to work in harmony as well as create new behaviours that will help you to succeed.

Your Treasure Chart should also be kept away from other peoples sight, keep it secret, there is much to be said about secrecy...

If you tell someone you are going to write a book, normally people will say things like: "oh how amazing, I could never do that." and you feel good. So you tell more people and get to feel good each and every time you 'show off' your idea. In short you get the good feelings without having to do the work!

Getting all the good feelings without doing anything can rob you of the motivation to take the action necessary to complete the project, i.e write the book.

Keeping something a secret in this way will continue to motivate you. Especially as you achieve the smaller goals toward achieving the bigger outcome you want eventually, because you know how great it is going to feel when you show people that you have achieved your goal.

## **The Daily Use of Your Treasure Chart**

Place your Treasure Chart somewhere you won't see it all the time

Go and look at it daily

Get into the right 'state' before you go and look at it - A mixture of gratitude, thankfulness and desire works best before viewing your Treasure Chart (more on this later).

Press the images so deeply into your subconscious mind that after a while you can 'see' the image anytime you want in your minds eye.

Project yourself into the pictures... Imagine being there and experiencing all that you would experience. See what you would see, hear what you would hear and feel how good you will feel when you have these items and experiences.

We will go over this again in more detail as well as explore the Psychological Techniques that are the powerhouse behind your success with Treasure Charts later.

Next it's time to look at...

## **Creating Your Treasure Chart**

Your Treasure Chart is a pictorial representations of the things and experiences (this works best for things) that you want to have more of. Represented as a series of images, placed in a location where you won't see it all the time.

I am going to suggest that you don't simply drag and drop from Google images then hit print... you can, but...

Instead I'm going to suggest that you want this to work for you, so it is even better that you cut out from magazines, postcards, leaflets, pamphlets etc,

images of the things you truly desire. Or get some colouring pens out and actually draw images that represent what you are thinking of.

## **Sound like Hard Work?**

This process should be Effortless. However effortless does not mean Lazy!

Things are effortless when they are FUN. When you are enjoying doing something so much that time just disappears... when you are enjoying being *efficient in your action taking* with regard to making change, then it is effortless and fun.

It's not going to be quick, its not as simple as thinking about something then it instantly appears... but you may be surprised how quickly synchronicities and events start happening for you. How quickly the things you desire start to appear.

## **Doing Things**

This is where so many people fall down. They read something in a book, but don't do it. Everyone does this from time to time and everyone knows that a technique or tool isn't going to work if you don't use it!

This is the reason one-to-one sessions (with an experienced agent of change) make a difference. Because you are accountable, you actually do things.

No one gets a result from reading alone! It's about taking action, *efficient action*, doing things and making a difference.

The good news is, if you do these exercises thoroughly in the way they are laid out in this program, you won't need to see any other agent of change to make a difference with this.

You have already taken action by buying this program and you have started to read this guide... Do the things suggested in it and you will get the results you want.

So rather than spending 15 minutes copy and pasting from the internet then hitting print... Spend a few hours, over days and weeks, collecting and drawing these images. Make them really meaningful to you... remember this is your life. These are goals, experiences and things that you want... don't rush the fun process :)

Do this and YOU are actively and physically engaged in the creation of your Treasure Chart and in the physical activity of finding the perfect images.

Here, a note should be said about gratitude and synchronistic or coincidence and manifesting. Each time you come across an image in a leaflet you get handed in the street or a picture you see in a magazine, think about all the chance occurrences that led up to you finding that.

Think about the synchronistic occurrences that happened for you to be in the right place at the right time (with your reticular activation system open and receptive to 'seeing' that thing) and feel a burst of gratitude. Yes feel grateful that you have just found another image. And as you do, imagine sticking (with glue or tape) that image onto your Treasure Chart.

You are engaging your imagination here, you are thinking about your Treasure Chart again. You are giving more thought to it...

...you are also taking action.

Getting into that habit of taking Efficient Action regularly is a good habit to get into, because it's one of the ways that things come to you!

Hunting out and looking for things that stir a desire in you, continues to keep your Treasure Chart exciting and the constant viewing of the images reinforces your desires.

## Once Your Treasure Chart is Ready...

As discussed previously, find somewhere to place your Treasure Chart so that you will only see it when you go to look at it.

And look at it daily, twice daily preferably. When you look at it twice a day as well as think about it during the day you will start to think about it more each and everyday... and the more that you think about something the more you are focusing you RAS and aligning your conscious mind and your unconscious mind.

## Going Deep on Your Treasure Chart

So your Treasure Chart is about creating pictorial representations of what you want to have. The things and experiences that you want to have as an image on your wall...

A Treasure Chart placed somewhere you won't see it all the time. A Treasure Chart that you take time to get into the right 'state' before going to look at it daily.

## So the Question Starts With...

How much of your '**Average Perfect Day**' are you living right now?

We all know that money is not the only indicator of wealth. So ask yourself how many 'rich' moments are you already enjoying in your life?

Are you rich in sunset appreciation?

Are you rich in social experiences?

Are you rich in holidays?

What do you already have and what do you want more of...



The phrase 'Average Perfect Day' (APD) means the 'average' day you would like to live every day. From what happens the moment you wake up till the last thing you do before bed. That doesn't mean you have to live that day every single day... this is your amazing average day.

What it is easy to forget is that you are already living elements of your APD right now. You are enjoying and experiencing things in your life right now that are part of your APD.

After you have run through this simple exercise you will have a clear idea of how wealthy you really are right now! You'll realise just how much of your APD you are already living and what areas of your Sphere of Availability you want to increase.

You may be surprised by your results as you discover how much of your APD you are already living.

Then it's about focusing on doing more of those things and more of the things you want to add to your APD.

## **Ok, So Let's Get To It!**

**Step One:** Quickly write down 20 things that you like doing...

Yes this includes sex! Everything and anything you like doing from eating a nutritious breakfast of super foods, to swimming in the ocean. Write down the first 20 things you think of.

**Step Two:** Quickly choose your 10 favourite things from the list.

In no particular order, you are simply looking for 10 'markers' that let you know you are living your average perfect day.

**Step Three:** Create a chart with words or images that represents each of your 10 favourite activities.

**Step Four:** Each time you do one of your APD activities place a sticker (give yourself a 'gold star') or draw a green tick next to the picture or word of the thing you did.

You may be surprised how many APD things you are already doing!

***Now, Here is the Real Trick.***

**Step Five:** Feel good... That's right, feel good about your 'Average Perfect Day' experiences that you are enjoying. Each time you draw a tick, or place a sticker next to one of those pictures, feel good. Actually take a moment to stop and enjoy the moment. Enjoy the feeling of knowing you are already experiencing aspects of your APD and you are becoming wealthier in experiences.

If someone wants to learn the guitar but feels bad every time they make a mistake practicing scales or chords they are not going to get very far learning the guitar.

If instead, every time they make a mistake they don't feel anything, while every time they get the chord change or scale correct they feel good then they are going to be drawn towards and enthused for the activity much more. It is much more likely that it will become a reality that they will master that skill much more quickly, stay motivated, keep going. As well as have lots more fun doing it.

The same is true for your 'Average Perfect Day'. The more you focus on the good feelings and focus on what you 'do have' rather than what you don't, the more you will be drawn towards experiencing more of them. You will experience more of your APD experiences, feel wealthier, have more fun and be expanding your Sphere of Availability.

You could look at your picture every day and feel bad that you aren't having some of those experiences in your life. Or you can look at your picture and feel good that you are working towards achieving and attracting more of those aspects of your Average Perfect Day into your life. As well as opening your eyes to all the other great opportunities that surround you.

**Step Six:** Repeat! Next month and again every month for a year... think of another 10 things you would like to experience more of in your life...

Just think about how amazing it would be to have 12 different 'Average Perfect Day' pictures and a visual measure of how many times you have experienced aspects of each one of those awesome experiences over the year. You're not restricted to having just one APD!

How wealthy are you going to feel knowing and seeing a record of all the wonderful aspects of your life?

# **Your Ultimate Guide to Treasure Charts & How to Make Them Work for You**

## **PART II**

### **Giving Power to Your Treasure Chart: Psychological Techniques for Change**

Once your Treasure Chart is in place it's time to use these powerful psychological techniques to fully activate your RAS and start the process of magical like coincidences happening for you.

If you stop and think about something that you like, you feel good... **Feelings are Powerful!**

Think about it... how many things are there that you think about doing and you feel good or excited about. From eating certain types of food and drink, maybe at a specific restaurant, or watching certain types of TV programs or films... seeing your friends or family... the list goes on and on. There are lots of things you feel good about right.

You have feelings and it's your feelings that motivate you.

Now the way we think about a thing is very important. So we are going to deliberately create good feelings and use them to be the motivation to get what you want.

It's your feelings that get you moving toward or away from things and using this simple principle will allow you to deliberately move toward what you want.

This Neuro-Linguistic Programming (NLP) Anchoring Technique is going to allow you to feel good and attach those feelings to the images of the things you want on your Treasure Chart.

## The Anchoring Technique\*

*\*Your Effortless Success Activator MP3 in your member's area contains an audio version of the Anchoring Technique which is great to use while you are doing this.*

Now I know, there is something that makes you feel good...

I mean really good... and those good feelings you can feel... now... you can imagine spreading those feelings round your body and intensifying those feelings... and as you do squeeze your thumb and middle finger together.

This will create an associational link between the squeezing of your thumb and finger and the good feeling.

Just like Pavlov's dogs.

The Russian scientist Pavlov who rang a bell and fed his dogs. After a while of doing this, simply ringing the bell would have the dogs salivating even if there was no food. They associated the sound of a bell and food.

Here we are associating the squeeze of your thumb and middle finger with the good feelings.

You can choose any state: excited, motivated, confident etc and associate it to a squeeze of your thumb and finger, but here we are going to use a 'good feeling' and the feeling of gratitude.

If this is new to you, you may find you want to do this a few times to build up the associational link and make it stronger. It only takes a few seconds to feel good and squeeze your finger... Do it now!

Now there is something that makes you feel good... and grateful...

Allow yourself to really enjoy that feeling... double it, double that feeling... squeeze your thumb and finger together...

Let go...

Intensify that feeling again and squeeze your thumb and finger, smile...

Let go again...

Once more, smile, feel good, boost those good feelings round your body and squeeze your thumb and finger together.

Great, now stop.

When you think about it, this is the same process that happens all round the world all the time.

Take a phobia for example, someone gets bitten by a dog, that hurts (and can be traumatic) and from then on getting close to a dog is something that brings back the bad memory and the bad feelings. A new phobia has been created.

This kind of thing happens all the time.

It's just that the clever people, like you, do it deliberately.

Now...

You can feel good about the fact you are creating a positive resource anchor to help you get the life you want... and... not yet... in a moment I want you to squeeze your thumb and finger together... Just think about the good feelings and the feelings of gratitude that will come back...

Now, squeeze your thumb and finger and remember the good feelings and feel good...

Ok, so you need to be the judge here. Do you need to do that again? Do you need to spend a few minutes to make this anchor stronger? Spending a few minutes feeling good is, well, it's good right. You feel good!

Or does it feel good to trigger this anchor already? Do you feel good when you fire this anchor and can't wait to attach those good feeling to the things on your Treasure Chart.

The more you really let yourself go and get into it, the more you will get from this process. Imagine you are a method actor and laugh, smile, feel good, remember your unconscious mind doesn't know the difference between VIVIDLY imagined experiences and the real thing. You get physical responses just thinking about a thing.

Do this while no one is watching and really go for it. If you want to dance to some music and sing, great! Feel good and anchor it!

The feelings you are anchoring to the squeezing of your thumb and middle finger, you are then transferring those good feelings to the thought of what you want and building a 'resource' state that you can access at anytime.

Ok, so you know what to do...

## **Mapping the Feelings Across to Your Treasure Chart**

You have been doing this process all of your life. So the truth is you are already an expert at it. Now is the time to deliberately direct it.

This is about getting really good at having good feelings. Having more good feelings and deliberately aiming them at the things you want more of in life.

### **It's Simple:**

Good feeling - while looking at or thinking about the things on your Treasure Chart.

Think about something - feel good about it. Think about it, feel good, think about it... go do it!

Some people just let life happen to them.

They are very passive in their approach to life, they blame others for their failures and don't take responsibility for their life.

You are different!

You are reading this and you are interested in making your life a better place.

That's AMAZING. That's wonderful, that's what life is all about. Developing yourself and becoming better than you were last year... last month...

One of the best skills you can master is generating good feelings... and feelings of gratitude.

Get good at feeling good.

Get good at feeling good and deliberately attaching those feelings to the thoughts of what you want to have happen in your life.

While you have the excited feelings in your body you are going to look at your Treasure Chart and feel good and grateful knowing these things are inside your Sphere of Availability. Thereby associating the good feelings with the 'thought' (picture in your mind) of what you want to be more excited about.

As well as looking at the whole Treasure Chart you are going to look at just one of the things from your Treasure Chart at a time.

## **So Now Let's Consider the Quality of Your Thoughts...**

The mental images you make and your self-talk.

Now we have established that we are deliberately creating feelings and attaching them to images... well let's think BIG!

Make the images of the things that you want more of in life bigger, brighter, and bolder... see details in the images, see yourself in the image doing well.

I know some people have difficulties visualising and that's ok...

Because you can become better at it and it's defiantly a skill worth learning.



Remember, it's all about balance and a lot of people who are great at visualising can't remember a conversation, or maybe they are really not that 'in touch' with their feelings.

You can get good at visualising and remembering conversations...

### **Let Me Give You an Example:**

Let's say one of the things on your Treasure Chart is you losing some weight.

First up, let's phrase that in the positive!

When I see clients I hear "I don't want to be fat" all the time. People will then say they want to lose weight.

Now language is important, I know that. I'm a hypnotist, it's the main tool we use!

Now one thing about losing stuff is that we are automatically programmed from birth to find them! If you lose your phone you look for it until you find it... if you lose weight do you want to find it again?

And saying "I don't want to be overweight" isn't focusing on what you DO want... i.e. being slimmer.

"I want to become thinner" This is what you do want rather than something you don't want.

I do want to be fitter

I do want to be more motivated to do 'x'

First state what you *do want* in the positive.

Notice the image that comes to mind as you say that. Or deliberately imagine an image of what you want to see. Because this is an activity about you... see yourself in the image.

Picture yourself being, doing and acting in the way that you want. i.e. looking thinner, with a big smile on your face... Maybe with a specific person or friends.

Then think to yourself, what can I do that would make this even more amazing? What can I add to this image of myself being that way that would give me even more of what I want?

What can I do that will make it even better?

This is a goal. It's something specific to aim at.

So, you have a goal in mind. Stated in the positive and an image in your minds eye of you achieving the goal, being that way or acting in this new way.

The good feelings should already be starting to happen because you are getting something that you want.

### **So Now it's Time to Trigger Your Good Feeling Anchor.**

Picture in your mind the goal you have, knowing the journey to that goal is something you can choose to enjoy... and trigger that good feeling. Fire off the anchor and allow yourself to feel good while you picture the achievement you want.

Fire the anchor again, get another burst of good feelings. Trigger it again and again and flood your body with good feelings, smile, laugh, feel good all the while thinking about what you want.

This isn't rocket science. Its simple stuff really!

### **Now Let's Add the Audio**

There are ways you talk to yourself that are more motivating than others.

A critical internal dialogue that is always putting you down isn't going to motivate you for the day.

Looking in the mirror and seeing an overweight person who has failed to lose weight and noticing all the flabby bits and commenting on them just isn't going to set you up for a great day!

Looking at the image of you on your Treasure Chart or a mental image of you at the weight you want to be and with a positive internal dialogue talking to yourself about how you are moving toward that, is a much better focus for your conscious mind.

Focusing on HOW you are going to lose weight (i.e. eating healthier foods, smaller portions, drinking healthier drinks, moving and exercising more) and feeling good is going to propel you to achieving and attaining more of what you want.

And you know it's a possible human achievement to become slimmer so whatever your situation it is possible for you to achieve that goal too.

Looking at your Treasure Chart and seeing the new laptop you want and saying to yourself "I can't afford that... I'm never going to be given one, or win one..." is demotivating and is not focusing your mind on what you do want.

So now you are going to construct some positive, motivating internal dialogue. Self-talk that gets you motivated...

"Yes. It's amazing to be thinner... having more energy... looking so much better... etc."

Positively focused phrases. With an excited voice tonality. All phrased as though it's already happened, because in the image it already has.

So rather than "I'm looking forward to being thinner" it's better to say "I love being thinner and feeling so good"

"I love the way I look thinner" is ok but, "I love the feeling of being thinner" sounds like you already are.

Or...

“I love my new laptop, it’s so easy to use and gives me more freedom.”

Again this is simple right? All you are doing here is adding a sound track to the image. And it can be out loud if you want. Or just your internal self-talk. A motivating and congruent voice tone and a series of phrases about the image in your mind of the achievement you want.

This is just going to make you feel good and when you deliberately trigger your good feelings anchor and smile it will make you feel even better.

### **Now This is Thinking on Purpose!**

Oftentimes you will hear people doing the same thing but with an outcome they don’t want!

“If he’s late again this time I’m going to be really annoyed!” That’s planning to be annoyed if he is late. The image of him being late is being connected with the feelings of being annoyed and the image of them being annoyed.

And it works!

Chances are the person will get annoyed if ‘he’ is late. They have programmed themselves to be that way!

### **This is the Basic Formula**

Imagine the goal you want, imagine a motivating internal dialogue talking about it and feel good. Feel really good about achieving it. This is going to motivate you to succeed so much more than if you don’t. It’s just that simple.

Now is the perfect time to start. Sure you can put off doing it because of some story you tell yourself. Or you can take action and make a change.

Like I say, this isn’t rocket science, it’s really quite simple!

Feel good while thinking about what you want.  
You can do that in a second.

And I suggest you do.

Once you have done this once, think about your goal and feel good regularly for a second or two here and there. Every time you put the kettle on, when you look up from your computer, at regular intervals during the day, smile, feel good and think of what you want for a second or two.

The more you repeat thoughts, the bigger the neural pathways get.

## **What Gets Measured Gets Done!**

A wonderful thing to keep you on track is to measure your progress.

Keep a graph of how many pounds or kilos you have lost (this way the graph goes up as you succeed, who wants a graph that goes downward, that's not the direction of success). Each pound you lose, you draw a line upwards over time on the graph.

You want to go to the gym more... keep a check sheet on your bedroom wall of each time you went to the gym or each time you did the 7 minute scientific workout at home, or each time you went for a run... etc.

Keep a record of your progress towards your goal.

And guess what?

FEEL GOOD every time you look at your progress!

Sure there maybe times where the progress slows and times where the progress is on track or better than on track.

When you're doing well, feel good. When progress slows feel good about the progress you have made and feel good about the progress you will be making soon.

Stay positive, stay focused on the good feelings. Bathe your body in good feelings.

Feel good about what you want.

That's it.

That simple.

Connect good feelings to the things on your Treasure Chart... NOW.

Although I spent a thousand words describing this technique to you in truth it takes only a few seconds to do.

Feel good, anchor it... go look at your Treasure Chart and fire off the anchor.

When you look at your graph and see the progress you have made, it continues to motivate you on.

I like to use visual graphs, or charts that I can 'tick off' the activity when I've done it.

## **My Daily Success Rituals**

For me, each morning before breakfast I like to do:

- Breathing exercises
- Some stretching exercises
- Mental (visualisation) exercises

These three exercises are for body and mind, I then follow this with a healthy breakfast of fresh fruits, nuts and seeds.

So on this part of my graph it has three different areas for me to 'tick' once I have done the activity.

Seeing a green tick next to each of the three activities is motivating.

Conversely seeing a red 'x' next to any of the activities not done is a vivid reminder that I need to get back to the green!

One of the things that a huge number of people who lose weight struggle to do is keep the weight off. Now for most people losing weight is a big deal... it's hard.

And the sad news is that according to a study at the University of Pennsylvania almost 65 percent of people who are successful at their diet return to their pre dieting weight (or worse gain more weight) within three years.

The good news is that this can be arrested by simply measuring!

It is easy to imagine this... you have a graph on your bedroom wall and each week you mark your weight on it.

You use a green line from your weight last week to your weight this week if your weight stays the same, or drops slightly and a red ink if your weight gains since last week.

Now, how many weeks worth of shocking upward red line of weight gain would it take to spur you on to adjusting your eating and exercising habits to correct the unwanted increase in weight gain?

And how easy and simple is it to correct a small amount of weight gain after a few weeks rather than a big amount after months or years?

When you wake to see each day the shocking upward trend of the red line (the simple act of measuring your progress) it will help keep you on track.

Quite simply, what gets measured gets done!

## **Inspired Action**

This is where the rubber hits the road.

It's you doing stuff. It's YOU Taking *Inspired Action*.

This is action you take that you feel inspired to take, for some reason it ‘feels’ right to do it or you are inspired by someone or something and you do it.

The subtle art of looking back at the inspired action that you took and ‘seeing’ how easy and effortless a connection that you never dreamed of happening happened because of your inspired action taking.

And the thing about doing stuff is that it’s amazing how easy it is once you get started... and a lot of the time once you get started you don’t want to stop!

*“The secret of getting ahead is getting started.”*

Mark Twain

So chunking can be a useful tool here. Rather than looking at the huge and daunting task of transforming your spare bedroom into an office in one go, just start with the ideas of doing one aspect of it, like clearing some space to get in there or taking out the rubbish...

Living as I do for months of the year in the United Kingdom, if I want to take a trip to Australia I would buy a ticket to fly there. But even the airplane doesn’t have enough power to get there in one go. It has to stop and refuel.

Having a ‘vision’, a big picture of what you want is important... and you need to have smaller goals along the way. Achieving each of these keeps you motivated to reach the big vision goal.

Set the ‘big goal’ e.g: manifesting an office at home, but remember to refuel along the way.

## **Daydreaming is NOT Visualising!**

Sure it may make you feel good temporarily to ‘dream’ about your perfect life, but without a connection to reality nothing much is going to happen. That’s why *Efficient Action* is important.

And why Visualising the RIGHT way is paramount.



Let us look at this experiment from the University of California, Los Angeles. Lien Pham and Shelley Taylor conducted an experiment with 3 groups.

Group 1 were asked to spend a few moments each day visualizing a clear image and notice how great it would make them feel to score a high grade in an exam.

Group 2 were asked to visualise exactly when, where, and how they intended to study.

Group 3 were the control group and asked not to visualize anything.

Results of the experiment. The Group 1 students studied less and scored lower grades on the exam. Although they reported feeling better about themselves they achieved less.

The students in Group 2, visualizing studying, prepared better for the exam. It made them study harder and they scored higher grades and reported that they felt less stressed than normal.

Daydreaming about amazing things may make you feel better short term and while you are doing it, but long term it can be unproductive. Instead focusing on (visualising) taking action, doing things and spotting opportunities that you take advantage of, get you results you want.

## **Experiment #2**

This experiment involved people playing sports, golf and tennis. The experiment again showed that the people visualising themselves training (i.e. taking action) were more successful than those who simply imagined themselves winning.

So while the images on your Treasure Chart are typically the end goal, during your visualisation it's important to see the steps that will get you there and one of the best ways to do that is with **Timelines**.

## TimeLines

This process is another NLP technique created by Dr Richard Bandler. It is VERY effective and again easy to do. It's both a strategic planning tool and something that keeps you on track, motivates you to take action and focuses your RAS.

Your Time Line is the imaginary line that you can draw between the remembered thoughts in your mind of the past and the imagined thoughts of events that haven't happened yet in your future.

Imagine something you did yesterday, take a moment to notice the location of the image in your minds eye. Does it appear to your right, left, in front, behind you etc.

Next, think of something that you did five years ago and notice where that image is.

Then think of something that you know you are going to do in the future (have a birthday, go to a celebration etc.) and notice where that image is.

A line can now be drawn between these three points this is your Time Line (or a very small three point section of one Time Line anyway).

Think about one of the things from your Treasure Chart, then imagine seeing all the things that assure you that you have achieved this goal or attained the item.

Imagine floating down your Timeline to the point in time that feels right for you to have achieved this thing or experience. Imagine being at that point in the future having that experience or possession and seeing the world through the eyes of someone who knows that you already have it.

See what you would see? Hear what you would hear? How good does that make you feel? Look around at all the things that let you know you have achieved this goal.

Then, look back down your Time Line and with the benefit of hindsight before the fact, imagine what you could have done differently to have got these things quicker or had more experiences like that.

Then imagine floating down to the beginning of your Time Line, looking back at your goal.

Now that you feel good about this new compelling future increase those feelings of desire and excitement for the future, spin and whirl the feelings inside you faster and faster and make them bigger and brighter.

Then imagine all of those feelings of desire and excitement and double them. Send them down your Time Line like a rocket, spreading sparkles of good feelings along your Time Line in front of you, brightening it and making it a much more compelling place to be.

Again this should only take a moment or two to actually do.

## **And Lastly...**

Lastly in this section I want to share with you one of my favourite productivity techniques, it's called the **Pomodoro Technique**.

**Do not let this technique pass you by as being too simple to make a difference!**

This works and you will find yourself not wanting to stop the tasks that you are doing.

**Step One:** Decide on the task to be done

**Step Two:** Set timer for 25 minutes and work on the task until the timer rings

**Step Three:** Set the timer for 5 minutes and take a short break of 5 minutes (get up and away from whatever you are doing).

**Step Four:** After four 'pomodoros', take a longer break of 15 to 30 minutes

Step three is important and valuable! If for example you are working on a computer, when the 5 minute break comes up do not switch tasks here and start looking at social media or 'surfing the web', this is not a break from the computer. Move away from your computer.

If for example you are working on your computer you could get up and do 5 minutes of yoga or stretches, push-ups and crunches, tidying your kitchen or getting into the right state and looking at your Treasure Chart.

Think about what the cumulative effect of doing two sessions of stomach crunches and push-ups per day, five days a week would be? Or how much easier cleaning your home would be if you did 3 or 4 five minute tidies each day?

What about your Sphere of Availability, how much bigger will that expand as you spend two five minute sessions a day visualising the things on your Treasure Chart?

And when that timer rings, you get right back on it.

Here is the thing... because you are limiting your time you may find that after 25 minutes you don't want to stop doing the task that you were previously lacking the motivation to get started doing!

Now this is perfect for the more 'left brained' tasks, the things that you need to get done. Using this technique you will find you are motivated to get back to the task after your five minute break.

The more creative 'right brained' tasks that you are 'in the flow' for, you don't necessarily want to stop after just 25 minutes and that's ok.

*"Knowing is not enough; we must apply.  
Being willing is not enough; we must do"*

Leonardo da Vinci

## **Moving Forward: Your Summary**

There you have it, the secrets behind why vision boards don't work for most people and what you can do to ensure you to have success with them.

The reason I like 'Treasure Charts' is because they focus your Reticular Activation System on the things that you want... Unlike visual affirmations that are constantly around you, you don't see your Treasure Chart when you're not in a good mood, thereby associating negative emotions to what you want.

Also I prefer the term Treasure Chart because I don't like the idea of the word 'bored' being connected with my visions for the future. I prefer treasure!

### **Monthly:**

- Decide what you want more of from your APD (Average Perfect Day)
- Find or draw images that represent those things
- Collect them together and create your Treasure Chart
- Place your Treasure Chart somewhere special to you

### **Daily:**

- Get into the right state before you go and look at your Treasure Chart
- Look at your Treasure Chart daily feeling happy and grateful
- Enjoy how wonderful having those things and experiences is
- Imagine yourself out there in the future... you already have them

The success you will have with your Treasure Chart will expand your Sphere of Availability and it will continue to grow the more you use this process.

Enjoy and have fun with it :)

## CASE STUDY – TREASURE CHARTS IN ACTION

One of my favourite stories of Treasure Charts in action is from a very good friend of mine... The best thing about her story is that it is so simple and really shows how you can use them to bring the things you desire within your Sphere of Availability.

She realised that at that time she could not afford to buy a house in her desired location so she opened her Sphere of Availability to alternative ways to live and stay there...

She started House Sitting which allowed her to stay in some beautiful locations, staying in amazing houses, apartments, including a 9 bedroom Mansion with a cinema room, gym, swimming pool, tennis courts, even a boating lake. All these places were alternative locations that she was thinking of living in or visiting and she got to live in them for free and test out the area.

What I want to tell you about today is how she then used Treasure Charts to get a House Sit in exactly the place she was thinking of buying, to really see if she wanted to live there.

As I mentioned before, some of the most powerful Treasure Chart images are the ones you draw, ones that you take time over and put feeling into. And that's exactly what my friend did.



On a big sheet of paper she drew a few pictures to represent where she wanted to go. Where she would stay and the kind of things she would do there. Including pictures of the Glastonbury Tor (an iconic image for Glastonbury town), the view from the window of her house including the pet that she would be looking after while there, the delicious healthy food she would eat and courses she would attend... You get the picture

Then she put the picture inside her art folder (not on show for everyone to see), every time she opened her folder she would look at it and feel good and excited about being there in the picture...

Then just a few weeks later she saw an advert for an assignment that matched her picture so precisely it blew her away! She applied knowing it was, of course, already hers and got it.

But for the really cool bit... The view from her house was almost identical to her drawings as was the little dog almost identical to the one she had drawn...

her favourite kind of dog, a Tibetan Lhasa Apso.



She drew the picture, put it away, looked at it and activated her RAS so when the opportunity appeared she saw it instantly and resonated such an amazing vibe that the couple that lived there wanted her right away without even considering anyone else.