



Change Academy Lab Notes

TOPIC: The Power of Positive Illusions

EPISODE #41

NOTES/TAKEAWAYS:

EXPERIMENT:

1. Think of a goal or result you'd like to achieve.
2. Visualize what it would feel and look like to achieve it.
3. Picture yourself taking the steps required to make that dream a reality. (If you can't clearly picture what those steps are, spend some time figuring out what they would be.)
4. Allow yourself to feel confident and optimistic—and let that optimism fuel your determination to do the work.

OBSERVATIONS:

FURTHER EXPERIMENTS: