



Visualization Strategies for Veteran's Career Success

ACP13: This article was written for and originally published on the ACP AdvisorNet site. The site is no longer available.



Visualization might sound like something from a sci-fi novel, but it's a powerful tool that can shape your future. For military veterans, visualization can be particularly beneficial as you transition to civilian life and make critical career decisions.

Visualization involves harnessing the power of your mind by using both imagination and cognitive processes. You create vivid images of the future you want. Your creative mind helps shift perspectives and shape these visions into reality.

But that's just the beginning. You also need your logical mind to work out the details and add the finishing touches. Start by defining the emotions associated with your goal. Then layer in sensory details—what does this future look like? How does it sound or smell? Can you taste it or feel it?

At first, these details might seem trivial. But think about how you remember significant moments from your military service. Maybe you recall a mission: you picture the landscape, hear the sounds of your team, taste the rations, feel the weight of your gear, and smell the environment. This level of detail makes the memory vivid and real. Visualization works the same way to create a future reality.

The more detailed and frequent your visualizations, the more likely you are to bring that future into existence.

The Basics of Visualization

Setting the Stage

Prepare yourself for visualization by eliminating distractions and relaxing your mind. Find a comfortable place to sit or recline, free from noise and interruptions. You might want to dim the lights or create a calming ambiance with soft music or the sound of water. Breathe deeply and count backward from 25 to help unwind.

Picture the Goal

Now visualize your goal with all the sensory details. What does it look like? How does it sound, taste, feel, or smell? Spend time on each detail to create a full, vivid picture of your desired future. For example, if you're aiming for a new career, imagine your first day on the job: the office environment, the sound of your colleagues working, the smell of coffee, the feel of your new workspace, and the taste of your lunch.

How Are You Feeling?

Next, explore the emotions tied to your goal. How do you feel when you think about it? How will you feel when you achieve it? Experience each emotion fully. As a veteran, this might include feelings of pride, accomplishment, and a sense of purpose.

Add in Faith

Here's the hard part: trust that you already have this future. Believe that it's yours, waiting for you to claim it. For veterans, this trust can come from the confidence and discipline developed during military service.

Now Step Back

Finally, detach from the visualization. Don't get so caught up that you lose sight of the journey. Focus on doing the next right thing, knowing you're moving toward your goal.

The Benefits of Visualization

Visualization isn't just about achieving your goals—it brings numerous other benefits:

- **Less Stress:** Clear visions and steps reduce worry.
- **Openness:** Letting go of your vision allows you to see new opportunities.
- **Improved Performance:** Visualization helps you rehearse and prepare.
- **Relaxation:** Find calm and release anxiety.
- **Better Focus:** Regular practice enhances concentration.
- **Increased Confidence:** Knowing the outcome boosts self-assurance.
- **Reduced Procrastination:** Confidence in the outcome reduces delays.
- **Inspiration:** Clear goals generate enthusiasm.
- **Meaning:** Understand your purpose and goals.

Real-Life Success Stories

Visualization has helped many successful people achieve their dreams. Will Smith, Oprah Winfrey, Arnold Schwarzenegger, and athletes like Michael Jordan and Lindsey Vonn all use visualization to reach their goals. Musicians like Lady Gaga and business moguls like Sir Richard Branson also harness this powerful tool.

Health Benefits of Visualization

Visualization can improve your health too:

- **Pain Management:** Visualization can reduce pain and the need for medication.
- **Healthier Choices:** Visualize eating healthy meals to make better choices.
- **Strength and Weight Loss:** See yourself strong and at your ideal weight.
- **Immune System Boost:** Positive visualization can enhance immunity.
- **Reduced Anxiety:** Calm your mind and lower stress levels.

Conclusion

Visualization is a powerful practice that can transform your life. By regularly visualizing your goals with detailed imagery and strong emotions, you can make your dreams a reality. For military veterans, this practice can be particularly valuable in making career decisions and transitioning to civilian life. Remember, the key is in the practice—revisit your visualizations often and watch as your desired future unfolds. Start today and take the first step towards a brighter, more successful tomorrow!

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