

Imagine the Path to My Success (Secondary)

Have you ever imagined yourself accomplishing something? When you ***imagine the path to your success***, you think about meeting your goal, how you will get there, and what you will do if you experience setbacks. Remember that what you tell yourself, think about, and imagine affects your ability to actually do something.

To ***imagine the path to your success***, think about what it will look like, feel like, and sound like both as you make progress and when you succeed. Imagine the positive outcomes of achieving your goal. Then think about possible setbacks and what you will do when you experience a setback.

I used the strategy ***imagine the path to my success*** when I was struggling in Geometry class. I needed to keep my grade up to be eligible for sports, but I kept getting all the formulas confused. To ***imagine the path to my success***, I started by visualizing myself writing out each of the formulas and memorizing them. Then I imagined myself taking a Geometry quiz and being confident about choosing the correct formula. I thought about what I would do if I missed a problem on the quiz and imagined myself reworking the problem. I imagined myself asking my teacher for help. I even imagined my teacher saying, “You’ve been putting in a lot more effort, and your grade has improved!”

Using the strategy ***imagine the path to my success*** helped me think positively about a challenge I was experiencing and know what to do when I had setbacks.

The next time you want to learn something new or get better at something, start by ***imagining the path to your success*** by taking these steps:

- Step 1. Think about your goal.
- Step 2. Imagine all the good things that will come from achieving your goal.
- Step 3. Think about all the hurdles you might encounter on the way toward your goal.
- Step 4. Imagine overcoming the hurdles.