

## GUIDED IMAGE CHECKLIST

1. **Objective.** Your goal or target; what you are aiming for in this image; a broad statement of intent.

EXAMPLE: *To raise the level of my subconscious income allowance from [SCM maximum allowance] to [SCM new allowance].*

2. **Theme.** Select or formulate the theme of your guided image. Keep it brief and succinct.

EXAMPLE: *A parade celebrating my success and showing that the new allowance amount is good and not a problem.*

3. **Setting.** Physical setting and location. Can be real or imagined, or a composite of remembered and imagined elements. Sensory inputs; include as many senses as you reasonably can.

*Location.*

EXAMPLE: *A broad avenue in a large city [could be any large or small town].*

*See.* Something visual will usually be required.

EXAMPLE: *See people, different colors of falling confetti, textures of the buildings, all the sites of the street and vehicles, blue sky above, a few clouds, traffic lights, etc.*

*Hear.* Auditory sensations of any sounds that are logical and that can be naturally connected to the image.

EXAMPLE: *The sounds of the crowd cheering; vehicles and the car in which I am riding; people yelling things like "Great success" and the amount of my new allowance. The time period of my new allowance is yelled by many with obvious enthusiasm.*

*Touch.* Tactile sensations that can be naturally connected to the image.

EXAMPLE: *Feel the convertible in which I am riding, the graffiti raining down on me, the feeling of waving to the crowd and smiling.*

*Smell.* Any pleasant olfactory sensations that can logically be tied to the scene.

EXAMPLE: *Smells of the street, an occasional whiff of flowers, perfume of women in the crowd.*

*Taste.* Helpful only when appropriate.

EXAMPLE: *I can taste the champagne (or grape juice or whatever) I am drinking in celebration.*

4. **Actors.** Guided images should have people in them whenever logical. Include significant actors in your life, past or present, even if no longer living.

*Family:* (Immediate family members; parents and siblings.) EXAMPLE: *Dad riding in the car with me, patting me on the back with pride. My sister in the crowd crying with happiness for me.*

- Relatives.* (Grandparents, aunts and uncles, cousins—any relative whose presence and action can be viewed as positive.) EXAMPLE: *Aunt Maude in the car telling me how proud she is of my success. Grandpa in the crowd, very pleased and proud of me.*
- Significant people.* (Teachers, religious figures, neighbors, authorities. Recall any positive roles played in your life by significant people, past or present.)  
EXAMPLE: *Mr. Harris cheering me on, standing next to Rev. Wharton giving a thumbs-up sign to my success.*
- Strangers.* (People as supporting actors when appropriate.)  
EXAMPLE: *People lining the street, people in the car with me, fans of my success I have never seen before.*
- Historical figures, famous people.* (Famous or historical people you admire whose approval and admiration you would like to have. They need not be among the living and you need not have actually known them.)  
EXAMPLE: *Harriet Tubman sitting in the front seat of the car, showing pleasure and approval of my success and my new allowance figure.*

5. **Dialogue.** People saying positive things and making comments that support the objectives of your imagery.

- Dialogue Scene I.* (Personally important or significant others; people personally known to you.)  
EXAMPLE: *My parents (or siblings, teachers, relatives) saying I am worth [SCM new allowance] and deserve to have it as my allowance.*
- Dialogue Scene II.* (People you know by reputation, fame, or who are in some way important to you but you do not know personally.)  
EXAMPLE: *Announcer (a famous person) announcing my name (rah!), my well deserved new allowance of [SCM new allowance] (rah!).*

6. **Action.** Imagery that centers on action in support of goals; can be people or things.

- Action Scene I.* People.  
EXAMPLE: A parade for me. I'm sitting in the review stand. Marchers salute me, throw flowers at my feet, lionize me for my new allowance of [SCM new allowance] . There are flags and pennants everywhere, some with my name on them, some with [SCM new allowance] per [time period] on them.
- Action Scene II.* Objects or things in support of goals.  
EXAMPLE: Robots are delivering objects to me that represent my [SCM new allowance] . (Can be bags of money, gold bars, certificates—anything positive and appropriate.)

7. **Validation.** End the construction of your guided image with ideomotor questions to validate the image and get subconscious approval to use it.

- Permission to use this image.

*Is it okay to use this image?* (1)

- Acceptance of the amount [SCM new allowance].

*Is it okay to use the amount [SCM new allowance] in this imagery?* (2)