

June, 2012

## A practical guide to achieve your goals

by Kaoru Ikuta

Counselor for International Students, Health Service Center

### Method 1 of a two part series

Clearly imagining and visualizing the future you would like to happen

What brought you to Japan?

Please visualize the picture when you, newcomers to Japan and those who have been here for a while, achieve your goals.

Where are you? Are you sitting, standing, lying down? What can you feel? What can you see? What can you hear? What can you smell? Are other people present? What are they doing?

Please imagine and enjoy the feeling when you achieve your goals. Having a clear vision of the future leads you forward.

The psychiatrist Frankl survived from a death camp by visualizing the preferable future. He described his experience while he was imprisoned in a camp in Poland as follows:

On a wintry day, I was marched through the field. I was dressed in thin clothing, and had holes in my shoes. Very ill from malnutrition and mistreatment, I began to cough. The cough was so severe that I fell to my knees. I thought, "This is it for me."

There I was on the ground, in no condition to go on, and all of a sudden, I was no longer in Poland. In my imagination, I was giving a lecture on "The Psychology of the Death Camp." in a postwar Vienna. I told the imaginary audience about the day I was certain I didn't have the strength to get up and keep walking. Then, I told my imagined audience, "I can stand up." As I was visualizing this, my body got up and began to walk.

He vividly imagined a future and took a real step to make the future become reality

Clearly focusing your attention on what you would like to happen is an effective way to achieve your goals.

In the next issue, I'll focus on an action plan.

\*I can be found in rooms 105 or 102 at ISC on Mondays from 9:30~16:30.

\*To make an appointment, please feel free to contact me at: email: [ikuta102@ynu.ac.jp](mailto:ikuta102@ynu.ac.jp) .