



Imagination 2.0

A BEGINNER'S GUIDE TO MAKING YOUR IMAGINATION WORK FOR YOU

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IMAGINATION 2.0

This is a guide, a set of instructions on how to use your imagination. How to use it better. How to use it for your good. How to use it to improve the quality of your life. It's Imagination 2.0.

A key element of the mind is that it sees in pictures. Since we will be discussing imagination, let's take a moment to picture something. What do you think of, what picture flashes across the screen of your mind, when you hear the word "workshop?" Take 60 seconds, right now, to close your eyes and get a detailed image in your mind of a workshop.

Now that you have an image, let's talk about it. The Oxford dictionary shares two definitions for the word, "workshop."

Workshop /'werk,SHap/- noun.

1. A room or building in which goods are manufactured or repaired.
2. A meeting at which a group of people engage in intensive discussion and activity on a particular subject or project.

Which type of workshop did you see in your mind? Did you visit a room or building in which something is made? Or did you visualize a group of people attending a meeting, learning about a particular subject? It actually doesn't matter which one you saw. What matters is **that** you saw.

For the sake of this guide, we will be referring to the first definition, a room where something is created. Now, take another 60 seconds and dwell on the detail that comes to your mind when you think of a workshop as a room or building.

There are many types of workshops, and it's likely that what you saw in your mind is related to a workshop you have previously visited, seen or imagined. For example, maybe you saw a workshop used for a hobby, whether it's woodworking, ceramics, pottery, scrapbooking, or even sewing. Perhaps you saw a shop used professionally, to repair vehicles, print materials, or build furniture.

How much detail did you see when you pictured the workshop? What color of paint was on the wall? What was on the floor? What tools and machinery were being used? Was your workshop busy with people and activity? Was it a do-it-yourself hobby room, or did it have an industrial look? Was it small and cramped or large and spacious?

Now it's time to picture one more workshop. A workshop where you can do anything you want. One that isn't confined to a physical room or building. It's a workshop located inside your mind. It's the workshop of your imagination.



“Imagination is
the workshop of
your mind.”

-NAPOLEON HILL

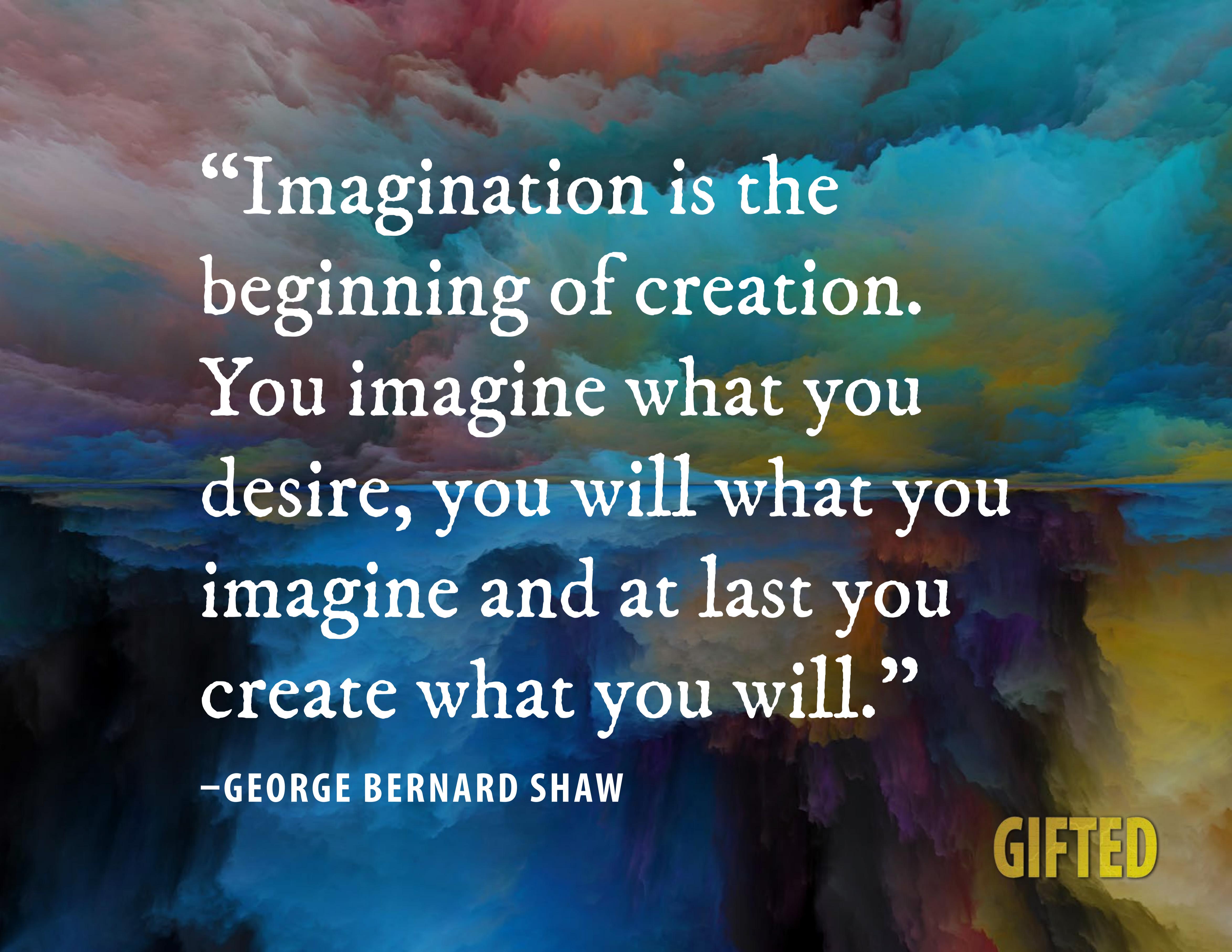
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Your Unlimited Imagination

Expanding upon the words of Napoleon Hill, your imagination is a massive workshop housed within your mind. Your imagination is the center of your creative world, and inside this special workshop, you can create anything.



“Imagination is the beginning of creation. You imagine what you desire, you will what you imagine and at last you create what you will.”

-GEORGE BERNARD SHAW

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You use your senses to interact in your world, as you see, hear, smell, taste and touch. Additionally, humans have been given six mental gifts or powers.

THE SIX MENTAL GIFTS



1. Will



2. Reason



3. Intuition



4. Memory



5. Perception



6. Imagination

While each of these gifts is important and has its own value and purpose, the gift of imagination is essential to your happiness and success. There is a most wonderful power in your imagination. It's the power to create.

“The creative power within
ourselves is unlimited.”

—GEORGE BERNARD SHAW

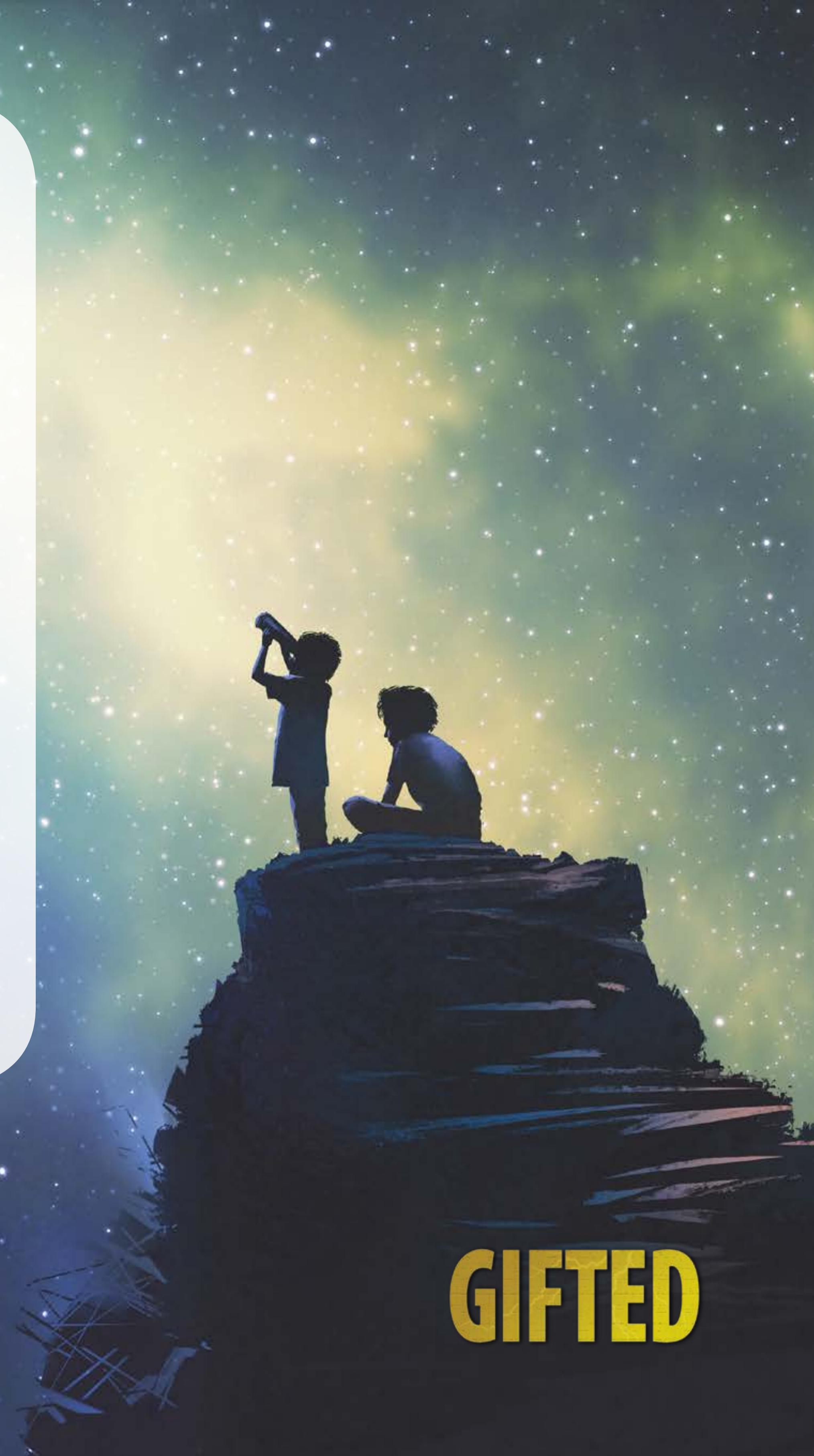
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EXERCISE YOUR IMAGINATION

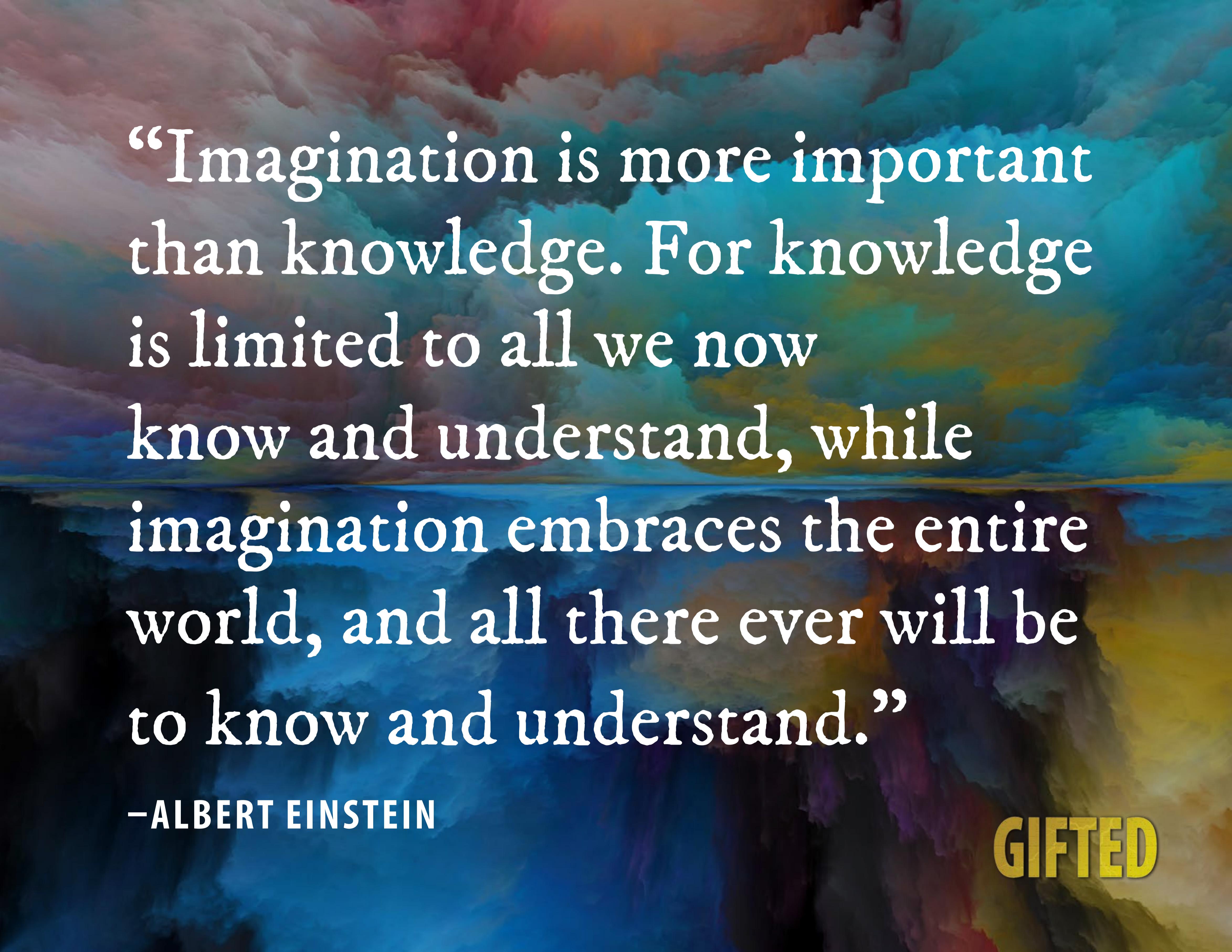
One of the most crucial things to know about your imagination is that it truly is unlimited. Not realizing this, many place restraints and limitations on their imagination. When your imagination is restrained, it becomes weak. This is because your imagination is like the muscles in your body. It must be exercised, or it will atrophy.

Children are excellent at using and exercising their imagination. As a child, you were so creative. Your curiosity drove you to learn, explore, develop and make progress. You used your imagination to figure out what life was all about as you grew from infancy to toddlerhood and beyond. It is likely that you saw the world through your imagination, and used it as a tool to shape your life.

You've seen this creativity evidenced as children invent their own games, play make-believe, and create hours of fun with pots and pans, lids and utensils. With imagination, a child takes pots and pans and creates a one-man-band.



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“Imagination is more important than knowledge. For knowledge is limited to all we now know and understand, while imagination embraces the entire world, and all there ever will be to know and understand.”

-ALBERT EINSTEIN

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...WHEN ADULTS INTERFERE

A parent buys a very expensive toy for a child. The child plays with the box rather than the toy. Frustrated, the parent throws the box away. Mothers and fathers interrupt children from their band practice in order to clean the kitchen. Adults send their children to school, where virtually overnight, they are expected to listen, focus, perform and blend in. The teacher has a mandated curriculum they are expected to get into the child's brain, or risk losing their job.

As you matured from childhood to adulthood, imagination was placed on the back burner. As kindergarten turned into first grade, and elementary school became high school and college, your imagination was used less and less. Until one day, it was pushed so far to the back of your mind that you actually believed it was gone.

As adults, we have adopted an *all-or-nothing* approach to imagination. We label someone as creative if they have the ability to think of creative ideas on demand. If you don't seem to have that capacity, you may think you don't have much of an imagination. It's a common misconception.

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Do you think of
yourself as a creative or
imaginative person?

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FOUR REASONS WHY YOU BELIEVE YOU HAVE LOST YOUR IMAGINATION

If you don't think of yourself as creative, you're not alone. It's a common myth that you become less creative and lose your imagination as you age.

1. Habit

People become comfortable with their results (regardless of whether they are satisfied with them or not). Eventually, repetitive patterns are adopted that allow you to maintain your level of so-called comfort. Repetition eliminates the need for imagination.

2. Conformity

Over time, people adopt the attitude of the masses. It's normal to do what the masses do, to think the same as everyone else. In fact, you often encounter resistance when your thoughts and actions don't conform with others. When you do what everyone else does, there is no reason to be creative.

3. Fear

Many people are afraid to make mistakes. Fear stunts imagination and creativity. Instead of discovering new and innovative ways to do something, people perform research, use logic, and do the same thing everyone else does.

4. Time

Because life is filled with a perpetual stream of activity, **people seldom, if ever, take time to use their imagination.** When you live in a state of constant busyness, you don't focus on creativity. This is why when you ask, most people don't have a clue as to what they want. They let others decide for them, including family members, friends or even marketing professionals.

Each of these factors perpetuates the idea that our imagination diminishes with age. The reality is, you still have an imagination, and you still use your imagination.

IMAGINATION AND WORRY

Chances are, as an adult, you use your vivid imagination every day to create images, scenarios, and assumptions that involve negative or even worst-case scenarios. You might wonder why people would do such a thing. But it's actually a very natural thing. As you read through the following examples, see if you're guilty of using your imagination in a similar manner.

HAVE YOU EVER SAID...

"It doesn't matter how much work I put into this project, my boss won't like it."

"I can hear my wife/husband now, we can't afford that."

"I can't do that, I don't have the faintest idea how."

Each time you use one of these statements you shut down something inside you, whether it's a wish, a want, a dream or a hope. Instead of moving toward what you desire, you unknowingly use your imagination to create a future for yourself that is not what you truly want.

Still not convinced that you're using your imagination in a negative way? Let's go deeper with a scenario almost every parent of a teenager has encountered. **As you read the next page, note the images that flash on the movie screen of your mind.**

IMAGINE THIS SCENARIO: WHERE DOES YOUR MIND GO?

Your teen has taken the car out with his friends. He was supposed to be home by 11:00 pm but now it's midnight.

You have texted and called, with no response. Your imagination is activated. It begins to work overtime in a negative way as you picture your child stranded.

Your thoughts progressively get worse, maybe a roll over happened and he's in a ditch, or was it a head-on collision? You see the flashing lights of police and your son on a stretcher, being loaded into an ambulance. It's possible that your imagination would go so far as to even suggest death.

When your son finally calls at 12:15 am, reality is quite different than what was created in your imagination. You learn that he fell asleep while watching a movie, the battery on his phone died, and he's on his way home.

You can now breathe a sigh of relief, grateful that the horror movie you created in your mind was fiction.

WHAT'S HAPPENING IN YOUR IMAGINATION?

Did you see the vivid images in your mind as you read this scenario? Can you see that you really do have an imagination? Adults do use their imagination frequently, however, usually they don't realize what they're doing.

In this scenario, you have used your imagination to create a scene, a movie, an image that becomes so real that you actually activate the emotions of fear, pain, hurt, worry and anger, all caused by your imagination.

As the workshop in your imagination begins to work faster, and you dwell on the images you created. Your body is affected on a physical level. Your nerves become agitated and you begin to pace and fidget. You may develop a rash from your nervousness.

Acid production accelerates in your stomach and the next thing you know, you're popping antacid tablets like candy. You may become irritable and raise your voice in anger at your spouse or anyone else you encounter.

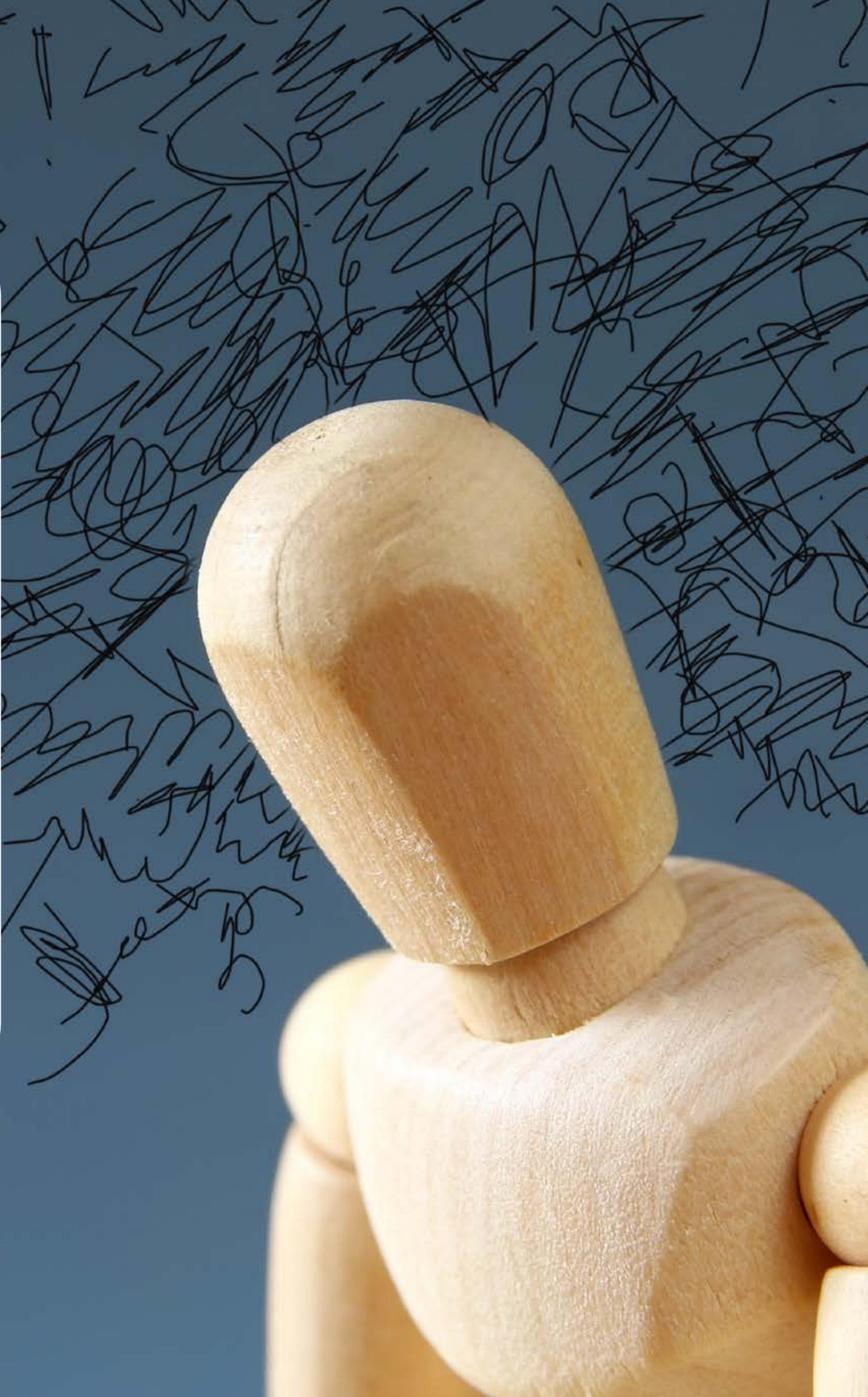
YES, THAT'S YOUR IMAGINATION: MORE TRUE-LIFE SCENARIOS

Have you ever been unexpectedly called in to meet with your boss, and then spent the dreadful time before your meeting conjuring up why you might be in trouble?

Has your imagination led you to create scenarios of how you might be fired, and what your reaction would be?

Additionally, imagine what happens in the workshop of your imagination when your spouse tells you, "We need to talk"?

There are many triggers we have during a typical day to start the production in our imagination workshop. It's up to us to use these "imagination triggers" as a positive force in our lives.



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FLIP THE SWITCH

Take a moment to consider the various ways you use your imagination. If you are like most adults, you're likely using it more on the negative side. Learning to switch your imagination to the positive is an essential step. In order to make the positive shift in your imagination workshop, you must do three things.

1. Become Aware

Recognize you are using your imagination in a negative way. Sometimes you don't know your imagination is taking you in a negative direction until you feel the physical results. But practice does help. Work to become aware of what you're thinking.

2. Stop It

Whether you notice your imagination is fueling your worry before or after it appears as an upset stomach or rattled nerves, you must take action the very moment you notice. The course of action is to stop! Immediately stop the negative flow.

3. Switch It

Once you stop, switch your negative thoughts and feelings to something positive. Nature dislikes empty space. If you remove a negative and don't replace it with something positive, nature will automatically replace it with the closest and easiest thing (usually another negative). One good trick for replacing negative thoughts is to express gratitude. As you list things you are grateful for, it becomes virtually impossible for negative thoughts to creep back in.



Now, take a look at the same scenarios and determine how to switch your imagination to a positive flow.

This time, as the antacid bottle is touching your lips, you become aware you are using your imagination in a negative way. You stop the flow of negative thoughts, and decide to play a game inside your head to help put your imagination to good use. You have a little fun as you begin to think of positive replacement thoughts.

It's possible that your son simply lost track of time.

Perhaps, your son dropped his phone, shattered the screen and can't see the time or make a call.

Maybe, your son was singing karaoke with friends and was discovered by a talent scout.

It's feasible that your son and his brilliant friends were working on a science project and started brainstorming ideas to cure the common cold.

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In the scenario where your boss calls an unexpected meeting, you instead think about all the hard work you put in on your last report. You imagine how happy your boss must be with your efforts and that he wishes to thank you in person.

In the situation where your spouse says, "We need to talk." You switch your imagination to the positive and think maybe your wife wants to tell you how much she appreciates how you helped her out earlier in the week by going to the grocery store and making dinner for the family. Maybe your husband wants to talk because he knows you love picnics and he has found the perfect location for an outdoor family meal.

At first, it can be challenging to switch your thinking. Unfortunately, it's natural for our thoughts and imagination to produce worst-case scenarios. But with a little practice, you can develop a new and positive thought flow.

We all know that sometimes bad things really do happen, however, we promise you won't be disappointed when you think good thoughts and experience good feelings. With practice, you will learn to use your imagination to keep yourself in a calm, relaxed and more peaceful state.



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OPENING THE WORKSHOP OF YOUR MIND

You are now aware that the adult in you really does have an imagination. You have seen examples of how you use your imagination to your detriment and ways you can switch to the positive.

As an adult, your imagination can play a huge role in your life. A properly directed imagination can help you become the person you want to be, create the life you want to live, and have the success you seek. Imagination isn't just for make believe.

You can use your imagination to make your life fun and exciting. Your imagination will help you in the workplace by creating innovative and new solutions and processes. If you spend a little time, you can imagine new ways of doing things, you can create new products and services that serve mankind and make life better. All great inventors used their imagination for just such things.

It doesn't matter how long it's been since you have used your imagination for good, you are capable and have everything you need inside to start. Here are three tools to jumpstart the imagination workshop in your mind and use it to produce the good results you desire.

HOW TO JUMPSTART YOUR IMAGINATION WORKSHOP

1. Believe

2. Dream

3. Feel

BELIEVE

The most important thing you can do to jumpstart your imagination is to truly believe in its power. Don't just know that you have a creative imagination, believe it.

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“The key to life is imagination. If you don’t have that, no matter what you have, it’s meaningless. If you do have imagination... you can make feast of straw.”

-JANE STANTON HITCHCOCK





As logical adults, one of the problems we encounter is limitation. It's typical to get excited about a new idea or goal. And it's also typical to abandon that idea shortly thereafter because you have no clue as to what steps are needed to accomplish it. Often, when you don't know what to do, you say things like:

"I didn't really want to do that."

"People like me can't do things like that."

"I can't do that."

"I don't have the money to do that."

"I'm not really smart enough to do that."

And in a matter of time, we abandon our idea completely.

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Here's the best news of all - You don't have to know how it will happen!

All that is required is that you believe in yourself. Know that if you imagined the idea it is absolutely possible for you to do it! Why? Because you have unlimited potential. You may not know or understand that yet, but you do. You don't have to know how you will accomplish your grand idea. Just keep moving forward and step by step answers will come to you.

Your first step in starting up the workshop of your imagination is to release any thoughts you have that include the words 'can't' or 'don't.' Think the exact opposite:

"I can do that."

"I can get the money to do that."

"I am smart enough to create that."

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“Imagination is
everything. It is
the preview of life’s
coming attractions.”

-ALBERT EINSTEIN



DREAM

To dream is the second step required to successfully operate your imagination workshop. Dreaming is the fun part. It's how you practice using your imagination.

Take a couple of minutes to answer the following questions.

What would I do if I won the lottery?

How would I spend my time if I didn't have to go to work every day?

What is my dream vacation?

What fun things will I do when I retire?

Were your answers brief, or did you take the time to really imagine what you would do? Many adults hold back when they answer these questions, they approach them with an attitude of limitation because they don't really believe it's possible.

"I would buy a new house."

"I would buy a new car."

"I would send my kid to college."

"I would go on a European vacation."

"I would spend time with my grandchildren."

Because they lack belief, their short answers are quickly followed up with conditions.

"That kind of stuff doesn't happen to people like me."

"Even if I won the lottery I would have to pay so much in taxes it wouldn't be worth it."

Unfortunately, many people stop the creative flow of the imagination and don't even give themselves a chance to dream because they don't want to disappoint themselves. In order to be a good dreamer, it's necessary to throw your inhibitions aside. Listen to Thoreau, know that the world is your canvas.

“This world is but
a canvas to our
imaginations.”

—HENRY DAVID THOREAU

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PRETEND THERE IS A BLANK CANVAS IN FRONT OF YOU

Your canvas is pure white, and you can put anything you want on it. It's limitless. Release your limitations and dream. The key to dreaming is to imagine in vivid and explicit detail exactly what you would do in a specific situation or scenario.

For example, instead of saying you would take a dream vacation to Europe if you won the lottery, go all out and create an itinerary for the three-month long trip you really want to take. Fill it in with dates, locations, hotels, activities, meals, everything. Fill the blank canvas in front of you, don't let anything stop you, just dream.

How much more exciting is it to say, "I would spend two weeks in the UK, then I would take the Chunnel to France, where I would spend a week in Paris at a 5-star hotel, booking private tours of each major tourist attraction so I don't have to spend any time waiting in lines. Next, I would take a high-speed train to Bordeaux, where I would stay at a vineyard. After finishing my private winery tour and tasting, I would travel by train again to the French Riviera. Here I will enjoy some much needed sun and relaxation after the hustle and bustle of Paris. Following France, I will spend a week in Lake Geneva, Switzerland and arrange a tour of a high-end watch factory and purchase my very own luxury timepiece. Finally, I would make my way to Germany..."

Are you getting the picture here? Plan it out in detail. Have fun with your dreaming.

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“Without leaps of imagination, or dreaming, we lose the excitement of possibilities. Dreaming, after all, is a form of planning.”

-GLORIA STEINEM

FEEL

Finally, you must feel the emotion of your big dream. Ask yourself, "What would it mean in my life to have this overwhelming, beautifully fantastic, never in a million years did I think I could have it dream?"

Ask yourself, "What does that feel like?"

In the case of the European trip, you must tap into the emotion of your trip. Taste the flavor of the chocolate filled crepes and the decadent macaroons you're eating at the corner café in Paris. What will the sensation be while riding in a high-speed train? Will you be nervous as the Chunnel takes its journey 250 feet below the sea bed? How will you feel that first night as you sink into the luxurious bed at the 5-star hotel and pull the plush bedding over your head?

Just asking these questions evokes deep emotion. The more detail you build in your imagination, the better the picture, the better the impression, and the more likely you are to actually achieve it. As you think about your dream in detail you begin to feel excitement, happiness, and other emotions.

Imagine the trip as if it was already yours. Feel in your heart exactly what your emotions would be if you **did** take your dream vacation to Europe. How would this trip change your life? What would that trip feel like? Tapping into and recognizing the emotion of a dream is key to achieving any goal.

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LET YOUR IMAGINATION BE YOUR GUIDE

Your imagination powers a great workshop in your mind. It is through the great gift of your imagination that you can create anything and everything you want. Imagination is the catalyst that spurs you to new beginnings. Your imagination is the genius inside you that will bring every solution to any problem you face.

Dream? Yes! Dream big and often. Let your imagination take you where you want to go. It will give you anything you want.

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JOIN THE FREE CHALLENGE: GROW YOUR IMAGINATION!

Discover the power of an unlimited imagination.

This challenge is for you if:

- You want to live a more creative, joyful, fulfilling life
- You have big dreams that you're ready to dust off and chase down
- You're intrigued by the power of your imagination

You'll get inspiring challenges, videos from the authors of GIFTED, and be part of a like-minded community of other positive people.

The challenge happens in our free Facebook Group.

JOIN US NOW!

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