

6 *Keys to writing your personal vision*



*"Hold fast to dreams
For if dreams die
Life is a broken-winged bird
That cannot fly."*

~Langston Hughes/ Dreams

Why is a vision so important?

A vision is a mental picture of the results you want to achieve. It comes from the future and energizes the present. It sets your priorities, gives you direction, makes it easier to get through difficult times and gives you a larger perspective. When you become clear on what it is you really want in life, you begin to see opportunities, circumstances and resources the you would otherwise have missed.

If you live for the next 365 days, your life will happen either by design or default.

Wouldn't you rather it be a life you love living?

The number one MOST important thing about a vision statement is that it feels exciting and inspiring to you! Your vision should give you a wonderful sense of "Oh yes! I would LOVE that!"

If you always do what you always did, you will always get what you always got. ~Albert Einstein

Here are some specifics that are important to follow when writing your vision:

1 *ASSESS all 4 quadrants of your life.*

On a scale of 1-5 (1= worst, 5= great)

- Health & Well Being- mental, emotional and physical
- Love & Relationships- intimate, friends, family and colleagues
- Vocation & Creativity- your work and your play
 - Time & Money Freedom- your ability to go, do, and give what you want, when you want, where you want.
 - (See worksheets)

2 *IMAGINE what you would love in each quadrant*

Put yourself inside this life, similar to how pro-athletes use visualizations to support their physical training.

Ask some questions:

“What would I love?” Let your imagination go wild, think outside the box, you can have anything you want, there are no limits.

What am I longing for? What do I want more of in my life?

What am I discontented with? What do I want less of in my life?

We are often pushed by pain until we are pulled by vision. ~ Rev. Michael Beckwith

3 *Start with GRATITUDE. In each quadrant begin with the statement*

“I am so happy and grateful now that.”

Gratitude is designed to increase your awareness and experience of being an abundant being in an abundant universe. The definition of gratitude is the conscious decision to appreciate someone (or something) in your life simply because it exists.

When we express and receive gratitude, our brain releases oxytocin and serotonin, two crucial neurotransmitters responsible for our emotions. They make us feel ‘good’, enhancing our mood, making us feel happy from the inside. The feeling of gratitude serves as a magnet for all good things, seen and unseen, to flow into your life.

End each section with **“This or something better still.”** because you want to remain open to more or something better than you can imagine.

4 **WRITE IT DOWN**

(Use worksheet)

Project three years into the future (for example March 2024)

Know it all worked out for you.

Where do you want to be?

This is a vision. Forget the 'how's for now.

Use the **Present Tense** as if it is already happening.

Your mind doesn't know the difference between your imagination and "reality". When you state something in the present tense, you are conditioning yourself to recognize your future self. You are learning how it feels to be in this life you are visioning.

Here are some examples:

I weigh 125 pounds. vs I WILL weigh 125 pounds.

I TOOK a trip to Spain for 3 weeks. vs I WILL take a trip to Spain for.....

I AM with the love of my life. vs I WILL be with the love of my life.

Clarity and specificity are very important. We think in pictures. Draw as vivid a picture as you can. Just like a builder needs blueprints to build a house, you need a vision to build your dream life. You should be able to see, hear, smell, taste and feel the details of your vision.

Be specific

State your dream as a POSITIVE rather than as a negative.

Here are a few examples:

I live in financial abundance vs getting out of debt.

I move with comfort and ease vs no more back pain

I enjoy living at my ideal weight vs losing weight

5 **Use your EMOTIONS to charge your vision.**

Choose words that evoke the feeling tone of 'yes, I love this life.' Passion is a part of this process! It feeds the flame and when doubt, criticism, uncertainty and failure appear, you are protected with the heat of the passion.

Find images or scenarios in your past that bring the feeling that you want.

For example: If your vision is to feel vitality in your body. In your memory go to a time in your life when you felt that.... you won a gymnastic competition, you reached the top of a mountain, you were jumping waves with your friends. Bookmark this memory. Use it to find the words that express the enthusiasm, passion and love for your vision.

6 **Test your vision.**

Test your vision. You want this vision to be worthy of you. You will be trading your time, your precious life force for this vision. Is it worth that?

1. *Does it make you feel alive and joyful?*

If you imaginably move into your vision and you feel constriction, then it is not a good fit for you. Your true vision will feel expansive.

2. *Does it align with your core values?*

Your vision will never ask you to be out of alignment with things that you care about.

3. *Does it require you to grow?*

Your vision is going to require you to step into a larger version of yourself. If you know every step of the way, you have not dreamed large enough.

4. *Does it require help from your Higher Power?*

If you already knew how to bring your vision about, you would already be living it. It comes from the exploration of your authentic self and discovering what you are truly capable of and allowing the dream to build you. Allow the space for something larger.

5. *Is there good in it for others?*

We are all connected. Your vision, in order to have the full support of the Universe, must make a difference for good in the world.

*The answers to all of these questions should be a resounding YES!
If they are not, adjust the vision until you get a YES to all five questions.*

If you are having trouble getting started it sometimes helps to ask the question “What do I know for sure?”. One thing almost everyone wants is vibrant health. Start by describing what that looks like for you. Then move on to relationships and describe what that would look like for you.

A vision is not:

A plan. Dr. Martin Luther King Jr. didn't have a plan - he had a dream. A vision. That's where the process of creation begins.

A lack of appreciation for your current life. Having a vision doesn't mean you aren't grateful for all of life's current blessings. It's good to know that you can feel grateful and still want to change some circumstances in your life.

A flow chart. All you need to know when creating a vision is where you would like to be.

Figuring out HOW this will all happen. This can kill a new vision before it ever gets off the ground. Save the 'how's for later.

Now close your eyes, take a deep breath and ask yourself “What would I love?”

Worksheet for Life Assessment

Rate each quadrant. 1= worst 5= great

Set a timer for 2 minutes on each quadrant and write about what you want more of and what you want less of in your life. This is a work in progress and will evolve over time.

Health and Well Being 1 2 3 4 5

Physical, emotional & mental

Love and Relationships 1 2 3 4 5

Intimate, Friends, Family, Colleagues

Vocation and Creativity

1 2 3 4 5

Your work and your play

Time and Money Freedom

1 2 3 4 5

Your ability to go, do, and give what you want, when you want, where you want.