

CREATING MY VISION

Vision is knowing what we want. It is the power to bring something that does not now exist into reality. It is the means by which anything meaningful is created, accomplished or attained. It consists of four aspects.

- ❖ *Clarity.* If we're to have what we want, then it must be clear in our minds.
- ❖ *Value.* What we want must have value to us or there will not be the motivation to achieve it.
- ❖ *Positive expectancy.* We must have the faith and the belief that what we want is in fact possible.
- ❖ *Alignment.* It must be aligned with our "true selves" or it will not bring fulfillment.

Many of us make resolutions and set goals but fail to achieve them. The most important reason is that our goals aren't aligned with their true selves. They don't come from deep within our hearts. Our visions must honor our true selves, who we really are, if we are to live from our highest potential. Discovering our deepest desires requires that we quiet the outward noise and listen to our hearts.

Application Exercise: *Take some time to create your ideal vision of the future. What do you want in your life? What is most important to you? What do you want to be, do and have? What would bring incredible joy and meaning into your life? Write your thoughts in the space below (then go on to the next page):*

Now, continue to expand on your vision by writing your wants on 3 by 5 cards.

1. Write one core desire on each card.
2. Write each core desire in the center of the card so you can come back later and add more information around the outside of the card.
3. Fill up as many cards as possible.
4. Don't take too much time to evaluate your core desires, you can do that later.
5. Don't worry about the "how."
6. Take both a short-term perspective (1 to 5 years) as well as a long-term perspective (to the end of your life).
7. Write core desires that will stir you.

PRIORITIZING MY VISION

Follow the instructions below to gain further clarity and prioritize your life's vision:

1. Rate the importance of each core desire by writing the letter A, B, C, D, or O in the upper left-hand corner of each card. It is important to differentiate. In order to be meaningful, not all of our wants can be A's and B's.
 - A = highest priority, "desires" that you absolutely must achieve
 - B = priority "desires" that tap into your passions
 - C = average desires that you would like to achieve but is not critical to your life's purpose
 - D = below average or low priority desires
 - O = obligation—what you think you ought to do or want
2. At the top, center of the card, identify whether the core desire has to do with "having," "doing" or "being."
3. Add a time-line to the upper right hand corner. By when do you want to achieve this desire? Even if not sure of the timeline, write something down.
4. Write the a life category that the goal pertains to in the lower left-hand corner (self, partner, family, friends, community, education/career, finances, living environment, health and recreation).
5. Write the names of people who need to be involved in helping you achieve this desire in the lower right hand corner.

6. On the back of the card make a short list of action steps (the how) to achieve the goal. Don't try to list too many. List those that are most important. As you accomplish these you can add others. Make sure you include a date for the completion of each action step.

Now take time to "play around" with your cards. Sort them by different categories, priority, time-line, "having," "doing," "being," etc.) Think about them, how important they are to you and what is the relative priority between them.