

Living My Vision

"It's not what the vision is, it's what the vision does." -Robert Fritz

The Power of Vision

We are the authors of our lives, and we're either consciously or unconsciously creating it. Studies have found that the body doesn't know the difference between fantasy and reality. In other words, it cannot decipher between your imagination and what's real, because both experiences occur in the mind.

It's no wonder professional athletes have been using the trick of visualization for years! Running through the game before it happens aligns their minds with their physical bodies, so that when the game actually happens in real time, the body already instinctively knows what to do. This same secret weapon can be applied to your life and utilized for your own success.

Below is a process that helps to inform your subconscious mind that your vision is possible. It will help you recognize opportunities that present themselves in your life now because your subconscious mind will be looking for them, whether you are conscious of it or not. Visualization also reprograms your mind to work towards achieving your goals by aligning all parts of yourself, which makes it easier to create your dreams.

I invite you to write a 6-12 month vision for your life. Meaning you'll write your vision as though you're in one day that's 6-12 months away and this is what you see/feel/experience. I encourage you to really tap into what you desire! Whether your dream is to launch a new business, travel, deepen an existing relationship, or experience more of a certain feeling inside, give yourself permission to feel into your heart and what it is you truly desire.

Let's do this!

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Before you begin, read these guidelines:

1. **You can either type or write your vision.** Aim for 1 to 1.5 pages.
2. **Write in the present tense.** Like it's happening now today, around you, or recently happened.
3. **Use positive language + focus on what you want vs what you don't want.**
For example, "I don't want this job," becomes "I have a job I love."
4. **Include both internal and external experiences.**
 - For example, if you've envisioned yourself with a job you love, what do you see around you, who are you with, what are you doing & how do you feel inside? (Naming these feelings helps to feel into your vision happening now and inform your brain what it's like, which helps bring your dreams to reality.)
4. **Make sure your vision is at least 50% believable to you.** If it's not, you run the risk of your subconscious not holding onto it or taking actions towards achieving it.
5. **Notice what really lights you up vs what you think you "should" want.**
For example, maybe you think you're too old to take up painting, but it's really what your heart desires. Trust that.
6. **Let go of the outcome and trust.**
A powerful mantra that my teacher shares is "High involvement, low attachment."
7. **What is your deeper why?** Include your big WHY in your vision. Why is this vision and the things you desire important to you? What/how will they make you feel?
8. **Identify, how does what you want, serve the world?**
9. **Make sure that your Values are incorporated as well.** Ex. peace, calm, connection etc.

Have fun & enjoy the process!

I invite you to treat this writing experience as a special opportunity for yourself. You can go to a favorite location, or set up a space in your home with candles, a cup of tea or whatever feels good for you :)

Please write:

"This or something better for the highest good of all concerned." at the bottom of your paper.

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Here's an example of one:

I wake up well rested and excited for what life has in store for me. My husband is next to me and we start the morning with affection and we roll around in bed laughing, hugging and a few minutes before we pop out of bed. I start most days either with a little dance or meditation or both. I've never been more healthy and vibrant in my body. I have so much energy, my mind is clear and I am channeling my life's work feeling so on purpose. It's incredible!

I love my home office! I feel so creative and enlivened here, working and seeing clients. I have so much light and I love looking out the windows and seeing my lovely yard and all of the birds and butterflies.

I just had a \$10k month from my business, and it happened with such ease. It feels good to be thriving and living my life with purpose and alignment. I'm expanding to have more team support because I keep getting invited to speak on stages, work with more clients, and collaborate with amazing brands that I LOVE. Everything feels so good and in flow since I'm living my values and synchronicities, and opportunities keep coming to me.

I never thought I would feel this fulfilled in my work. I am so deeply grateful and living my dreams. I can see in my calendar tonight that I'm dancing with friends, and then we're planning our next adventure around the world. It's so fun to be able to work from anywhere I want, with my dream clients and feel like I'm really making a difference.

My husband and I are also using our relationship to give back in ways that are fun and rewarding. I feel abundant and am able to share and support others by contributing in ways that truly make a difference to the world at large. I couldn't have wished for more, and feel so deeply grateful for this life!

This or something better for the highest good of all concerned.

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Questions to help get you started:

- What is your day like?
- What are your relationships like?
- Imagine as if this is a clip of the movie of your life and we're seeing a scene of it now.
- What do you see?
- What do you hear?
- What do you smell?
- Who are you with?
- What are you wearing?
- How do you feel?
- What are you going to do today?
- What are your achievements that have already happened, coming etc.
- Feel it happening in your body now. Describe how it feels.
- What ways of being are you experiencing?

* **NOTE:** If you're having trouble defining your vision, don't be discouraged. Start from where you are. Identify what you don't want and use it to help you imagine the opposite, what you do want instead. For example, you may know that you don't want to work for a company so use that to help inform you of what you do want, having more freedom and a flexible schedule.

Enjoy yourself and let your vision come to life!