



VISIONING 2018

CREATE YOUR YEAR WITH
PASSION & PURPOSE

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“Like a river we can design and carve out our own course in life with our imagination. Our imagination can either envision a life of drudgery, problems and issues; or we can envision what we truly want. Getting your heart’s desire begins with you.”

Nancy Anderson

DREAM. IMAGINE. CREATE.

What would make this a *wildly fulfilling* year for you?

A new year signals a new beginning. A fresh start to a fresh year. January naturally invites us to dream, to listen to our deepest desires and re-set our inner compass to our True North. This time of year there’s an almost magic energy that helps us get in touch with what really matters and take action to make changes.

Rather than cramming your goal-setting into the first few days of the year, I invite you to be radical. Allow yourself the whole month. Dream. Listen. Imagine. Entertain what’s possible for you, your work and your life. Then, choose what matters most.

I encourage you to develop a practice for reflecting, appreciating, envisioning that will launch you into your best year possible.

Visioning will help you:

- Realize what you *really* want this year
- Break free of limiting, draining patterns
- Increase your self-confidence and motivation
- Become re-focused, reinvigorated and deeply inspired

Taking time this way is one of the highest forms of self-care, and will set your course for a rich, fulfilling and adventurous new year.

"We can live our lives either acting out of circumstances or acting out of a vision. The circumstances are fixed, but our experience of them is not."

Marianne Williamson

Vision vs. goals

Vision is the big picture of our life intentions, the overall best picture and felt sense of what we want.

Our goals are the concrete, specific results we want to produce as we live our vision.

To live a fulfilling and successful life we need both vision and goals.

VISIONING

Vision is a felt sense of what you really want in life. It's a representation of your highest and best direction, as you understand it now.

In fact, visioning is a way to *discover* your deepest desires. It allows you to dream the really big dreams – the ones you assumed were impossible.

If the idea of tapping into your vision sounds daunting, I want to reassure you that it's easier than you think. Your vision is right here, under the surface, waiting to be tapped. Your heart's desire isn't something you manufacture. It's already alive and present, waiting to be put into words.

We discover our vision for the coming year by asking great questions and listening to our inner knowing. This e-booklet shares my favourite questions that will help you unlock your vision.

But before we start, there's one thing I want to sort out. A vision is not a fantasy. When you are living in fantasy – hoping, wishing and wanting – it is actually an escape. It diverts you from a path of action toward your dreams.

A true vision is based in reality. It gives you an internal compass that directs your life and ensures you are moving toward more joy, happiness and fulfillment. A true vision generates an energy that infuses and lights up your present. You become empowered to move forward, make real changes and have the courage to act purposefully, whatever unpredictable challenges come your way. A bold vision has power in it. When you courageously listen to your deepest commitments and walk your soul's path, unpredictable, fulfilling and seemingly miraculous results occur.

A few simple questions will gently, but powerfully, reveal your true vision.

- What do I love about my life?
- Where am I now, really?
- What *do* I want? What *don't* I want?

APPRECIATE

What do I love about my life now? What do I want to bring forward and build on?

There is incredible power in noticing what you value in your life, just the way it is right now. We move at such a rapid pace these days that we rarely stop to appreciate what we love. What's working well. What we cherish.

When you notice what brings you pleasure – the most alive parts of your life – you move naturally to your heart, the seat of your vision.

It's a time-tested principle that what you put your attention on expands. Claiming what you love helps you know unmistakably what belongs at the centre of your vision for the coming year.

A simple way to do this is to write freestyle *"The things I love about my life and work are..."* and just start completing the sentence. I invite you to write down at least 20 points (and many more if you're on a roll!).

One thing I love about my life is...

One thing I love about my business/job is...

"We become what we love. Whatever you are giving your time and attention to day after day, this is the kind of person you will eventually become. Is this what you want?"

Wayne Muller

*"A thing is what it is.
Embrace it. Then you can
create."
Mastery Workshop*

GETTING FULLY PRESENT

Where am I now, really?

It may surprise you that one of the most important steps in visioning is to understand where you're at right now. Just like planning a trip, you need to know your starting point in order to be able to get where you want to go.

At every moment there is a deeper wisdom within you that knows exactly where you are in your life. The ability to tap into and define current reality is a skill, one you can develop. As this skill improves, you'll gain an unshakable inner strength and security.

If just the thought of taking stock of your current situation – your assets, issues, gaping holes and all – is raising a little resistance (okay, a lot!), you are not alone in feeling this way. It takes courage and mental toughness to be able to acknowledge your current reality exactly the way it is.

The key is doing this without blame, shame, guilt or judgment. It can be tricky to get past your inner resistance to finding the truth about yourself and your situation. But when you do it's immensely rewarding. Even if you discover unexpected challenging facts, ultimately that too will be beneficial. Your new-found clarity will quite likely lead to breakthrough thinking and a feeling of empowerment. Getting real puts your feet on solid ground, opens up new ideas and frees up a lot of energy.

(I've included a coaching tool to help you pinpoint where you're at in your life right now -- the Life Fulfillment Wheel. You'll find it in the Appendix.)

Personal Life:

What's working? What do I want to continue and grow?

What's not quite right? What isn't working?

What are the key issues/challenges I'm facing?

What's possible? What emerging opportunities excite me?

Business / Job:

What's working? What do I want to continue and leverage?

What's not quite right? What isn't working?

What are the key issues/challenges I'm I facing?

What's possible? What emerging opportunities excite me?

DREAM

What do you really want this year?

You have within you a guidance system that already knows the highest potential for you, your life and your work this year.

You don't need to figure out your goals. You just need to slow down enough to hear the whispering of your heart's desires. Give yourself space to daydream and it will reveal what's possible this year.

There are two simple, yet profound questions that will gently unlock your deeper clarity. *What do I want? What don't I want?*

It might sound odd to write about what you don't want, however I've found it's a fast way to overcome writing block. We *always* know what we don't want. And, the response to this question will provide important clues to your true vision.

Draw two columns on a fresh page and head one with "One thing I want is..." the other "One thing I don't want is..." Then, just start writing down whatever comes to mind, like you're emptying a cup. You might have a few items come to mind; you might fill pages. Allow your creative spirit to direct the flow!

One thing I do want is:

One thing I don't want is:

"Now I ask you, would it be worth your effort if one year from now you were able to look at who you are, what you've accomplished, and how you are feeling and declare, "Wow, I love who I am, I love what I've accomplished, and I love how I feel?" You have the power to do this."

Debbie Ford

IMAGINE

What is your theme for the year?

If we stopped our visioning at this point, you might have a clearer sense of what you want. But, you wouldn't have the lasting clarity and enduring motivation it will take to live your vision. I want you to go further and capture the essence of your dream for this year in an inspiring theme.

1) Read over your notes about what you do and don't want and **listen 'behind' everything you've written**. Imagine it's a year from now. You actually have everything you've written about. How would you *feel*? What difference would this have made in your life? What would this bring you that you don't currently have e.g. joy, new freedom, peace, spaciousness, contentment, adventure, connection. This is the **essence** of your goals. It's **the real possibility** of the coming year.

Essence of my vision: _____

2) Now, consider **who is this vision calling you to become?** You see, to fulfill the potential of this year you will need to 'be' more.

It's part of our nature to want to grow. It's our soul's desire to break free of our limitations and express more fully and freely. We each have the awesome power to evolve into the next highest expression of our greatness.

When you identify this, you've defined your growing edge. Your 'inner game.' **Linking your vision for your life and work to your inner game is the recipe for unstoppable motivation.**

Read over your "What I do want.." list and picture everything you want to create, experience and attract this year. Now, ask yourself, ***"What kind of person could accomplish this effortlessly? What qualities would they possess?"***

The answer to this question will give you a glimpse into the *you* that is longing to come forth.

3) Now, **shape your insights into a theme** - a short, inspiring statement that makes you smile when you hear it. Capture the essence of your vision and your 'inner game' in a memorable way. For example, *"Connected and connecting," "Flowing self-expression," "Breathing space," "The year of living grace," "Alive!" "Life Upgrade," "Stepping into my true power."*

My Theme for 2018:

Your theme will anchor your highest vision. It will lift you out of chaotic circumstances, act as a filter for knowing your true priorities, and give you the courage to make difficult choices. It will keep you deeply rooted in a vision of yourself that empowers you to act purposefully, whatever unpredictable challenges come your way. You will have the power to make each day of this year the richest yet.

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This January give yourself the gift of time to listen to your deepest desires, reset your inner compass to your True North and develop and inspiring vision of a truly great year.

APPENDIX

Life Fulfillment Wheel

Begin by getting above your life and looking down on it as a whole. See all the areas where you invest your energy, your time, your money, your commitment, and your attention. List all the areas, as if you were emptying out a cup. When you've finished, you may be surprised by how much you "hold" in your life.

Now review your list and group them into 8 areas that encompass and describe the key areas of the life you either have or would have to have to feel fulfilled. The way you describe the areas will be unique to you. Some might be:

- Career/Work
- Money
- Self/Health/Well-being
- Friends & Family
- Significant Other/Romance
- Children/parenting
- Spirituality
- Fun & Recreation
- Physical Environment/"Stuff"
- Volunteer work
- Creativity
- Community

Each of our lives is unique and this coaching tool allows us to create a quick snapshot to reflect our life and business as it is now. Once you've determined your eight areas, write them on the Life Wheel to create a map of a fulfilled life by your definition.

Now, take one area and ask yourself "On a scale of one to ten -- ten being I feel fulfilled, and satisfied in this area -- where am I currently? Allow a number to emerge. It's not something to figure out or analyze. It's like taking your temperature -it just is.

Stay open, accepting and non-judgmental. There is no right or wrong with this work. It's simply the way it is for you currently.

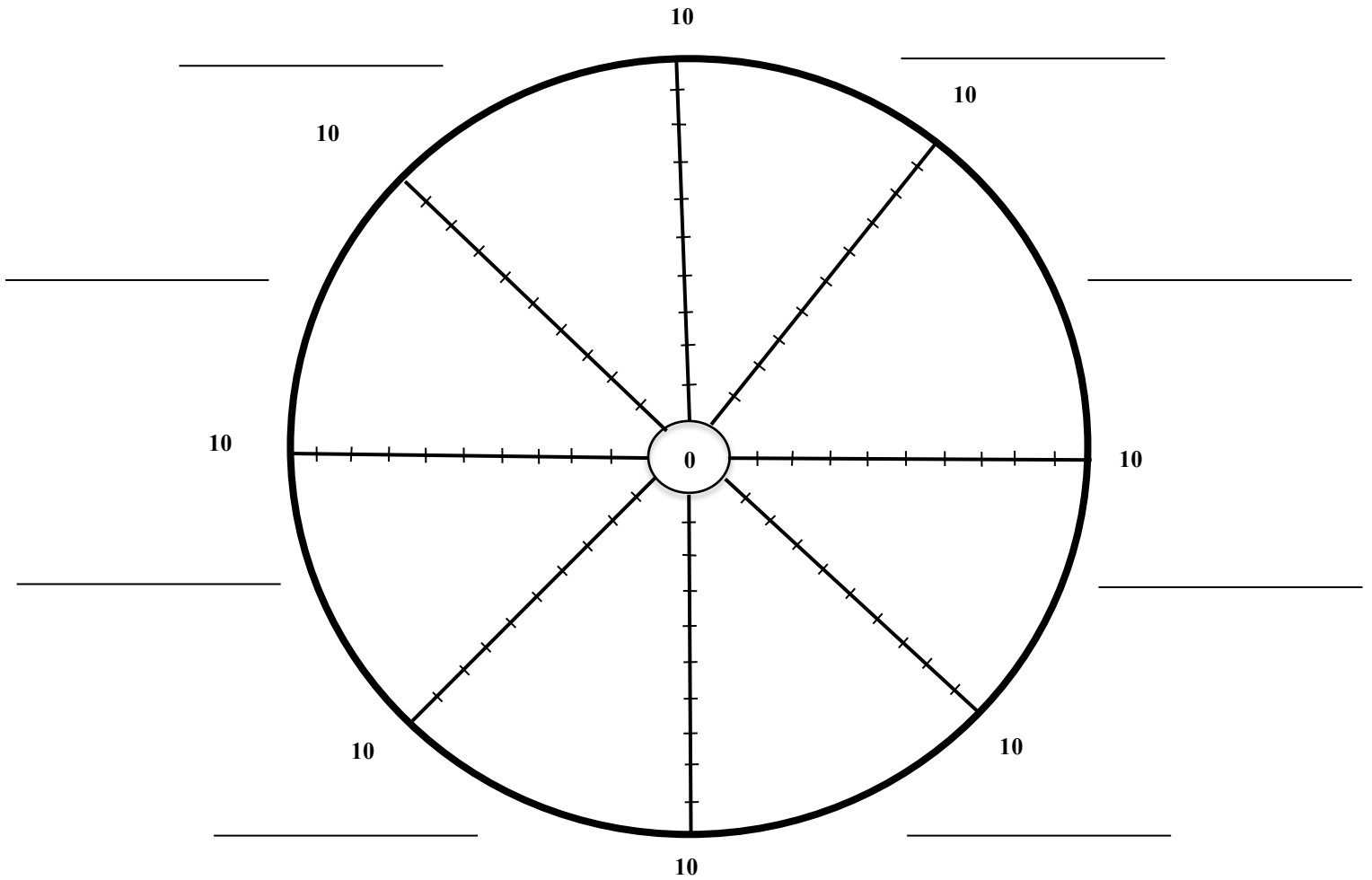
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Write down the number, then move to the next area, and continue until you've moved through all eight.

Plot the numbers on the wheel, with the outer edge 10 and in inner 1. Draw a curved line to create a new outer edge, which paints a picture of the overall fulfillment and balance in your life.

Write your eight areas in the spaces provided next to the wheel. If the center of the wheel represents zero and the outer edge is 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge. When you've finished, shade in each area to get a feel for the true shape of your wheel. The new perimeter of the circle represents your level of Balance in the Wheel of Life. If this were a tire on your car of life how bumpy would the ride be?

Life Fulfillment Wheel



COACHING TIP: “I’m feeling stuck, and just can’t get started with visioning. Any tips?”

If you're feeling blocked about visioning, possibly fear has you in its grip.

If you keep stalling out, start by standing back and listening compassionately to yourself. Perhaps your heart is harbouring unspoken concerns that need to be heard and cleared. Fear is worth listening to. It always contains a message that’s an essential part of your vision. If you're avoiding setting your intentions for the year, I encourage you to bravely embrace your fear and find its gift.

COACHING TIP: “How do I know I’m setting the right goals?”

Many of us have had the experience of achieving a huge goal, only to feel hollow, flat and empty. When this happens it’s indicating we’ve omitted the key ingredient in powerful goal-setting.

Think about it. Most information about goal-setting focus is solely on externals: What do you want to accomplish (the concrete, measurable outcomes)? How are you going to do it (strategies and actions)? While vitally important, this alone isn’t enough.

It misses the spirit behind our goals. Our compelling ‘why.’ The essence. Our heart’s desire.

When you take time to tap into the essence behind your goals and translate that into an inspiring theme, you’ll know for sure that your goals will lead to happiness and fulfillment.

COACHING TIP: *“I have moments when I’m absolutely clear about what I want. Then, it’s like I forget. My vision just goes away. What can I do to stay inspired?”*

You are so right! When we’re in our vision, it’s like standing on the top of a mountain. We can see the vista and path with ease. However, when we descend into the valley of day-to-day life, it evaporates.

It’s important to capture your clarity so that it continues to spark you, pull you forward, and keep you on-track. While there’s no one ‘right’ way, here are a few ways to do that:

Create a Vision Board.

Clip inspiring photos from magazines. Draw pictures. Glue your favorite photos. Design a 24x36 inch collage that depicts your ideal year and states your theme. Then, place it where you’ll see it daily.

Post your theme so it’s visible.

Put a post-it note on your computer. Write your theme in your date book. One woman links her theme to a song and hums it daily to stir her feelings and lift her spirits.

Identify your ten “Most Wanted.”

From your vision, pull out your top five to ten most meaningful goals, the ones you want to accomplish by mid-year. Write them in bold statements of intention.

Then, map each one as a project. Blocking out actions and developing a timeframe signals to your unconscious that you’re serious. It not only gives you an action map, it seems to attract resources, people and opportunities to help you fulfill your goals.

Does this 'spark joy'?
Marie Kondo

COACHING TIP: “Besides visioning, how can I launch my year powerfully?”

Two sure-fire practices to launch your year are releasing and re-committing.

Release: Create space for the new

When I mentioned to a couple of friends yesterday that I’ve had this unrelenting urge to rip open every closet and throw things out, they just smiled and nodded their heads. We all seem to feel it. Things that were just fine a few weeks ago now irk and annoy us. If you’re feeling discontent, I encourage you to listen to it. It’s pointing to what you’ve outgrown and need to release.

Start clearing, resolving and releasing anything that no longer supports you. Make a time daily to toss out, sort, file, or repair the ‘little’ things that have gradually cluttered your life. Ask yourself “*Does this serve me now? Do I love this? Is this me, now?*” If the answer is “No” release it. Each time you resolve something, you release a burst of energy. You’re cleaning the canvas of your life, and preparing it for the new masterpiece of the coming year.

Recommit: Restore your ‘A-game’

Rather than attempting to take bold leaps towards your goals, start by re-committing to your best habits. Quite likely, during the busy-ness of the Fall, you stopped doing many of the things you know support your success. Scientists call this ‘entropy’ – things tend to go from order to disorder, unless we do something about it. January is the perfect time to leverage the uplifting energy of the New Year to reverse entropy and re-vitalize your best practices.

As you go through your day, ask yourself “*What do I know works for me (in this area)? What’s my best practice? Am I willing to re-commit to it, now?*” Each small change -- like taking vitamins, filing papers, getting to the gym, taking daily action to market your services -- restores your “A-game” and builds your faith that you *can* create something amazing in your life and work this year