



YOUR VISION

FOCUS ON ONE



Choose from the broad Categories

■ Relationships

■

■ Money/Finances

■

■ Business/Career/ Work

■

■ Health/Fitness

■

■ Personal Growth



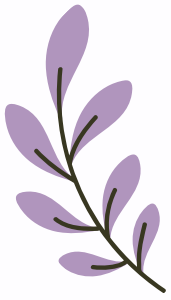
YOUR VISION

WHAT DO YOU REALLY WANT?



Step 1: To find out what you want it's easier to write out what you don't want...

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YOUR VISION

WHAT DO YOU REALLY WANT?



Step 2: what lights and warms you up?

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YOUR VISION

WHAT DO YOU REALLY WANT?



Step 3: What are you really good at?

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YOUR VISION

WHAT DO YOU REALLY WANT?



Step 4: What do *others* say are you're good at?

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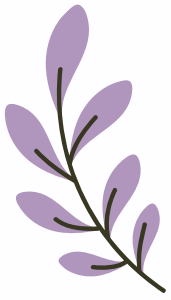
YOUR VISION

WHAT DO YOU REALLY WANT?



Step 5: Based on your answers, what do you want to focus on?

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YOUR VISION



CREATE YOUR VISION IN DETAIL

Now that you know what *exactly* to focus on
IMMERSE yourself into that vision

■ Now write that out in vivid detail:

■ Where are you?

■ What are you doing?

■ Who is there with you?

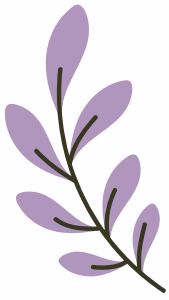
■ What do you see?

■ What do you hear?

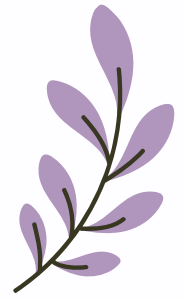
■ Do you smell or taste something?

■ ...and most importantly:

■ How do you feel?



YOUR VISION



FLESH YOUR VISION OUT IN DETAIL

Now that you know what *exactly* to focus on
IMMERSE yourself into that vision

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YOUR VISION



FLESH YOUR VISION OUT IN DETAIL

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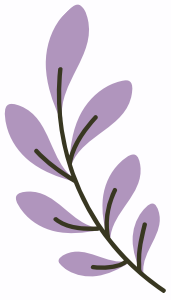
YOUR VISION



FLESH YOUR VISION OUT IN DETAIL

Now that you know what *exactly* to focus on
IMMERSE yourself into that vision

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YOUR VISION



FLESH YOUR VISION OUT IN DETAIL

Now that you know what *exactly* to focus on
IMMERSE yourself into that vision

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- How could you sum the vision up
- so it can become like a mantra?
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