

WORK

BE YOU NOW

DRIVE



THRIVE

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BOOK

LET'S
GO!

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Vision

BE YOU NOW



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“Dreams are the
touchstones of
our characters,”

Thoreau

Henry David Thoreau

What your Vision Can Do for You:

People often want to know what it is we do.

"What's your job title?", is usually what they'll ask.

They may also ask, "what is it like?", or "why we do what we do?".

QUESTION:

Could you answer, that it's not just a job, that it means something more to you (go back to D+R from week 1)

- Could you share your vision easily with others?
- Could you explain yours, and could you explain your why?

WHY IT'S IMPORTANT TO HAVE A VISION:

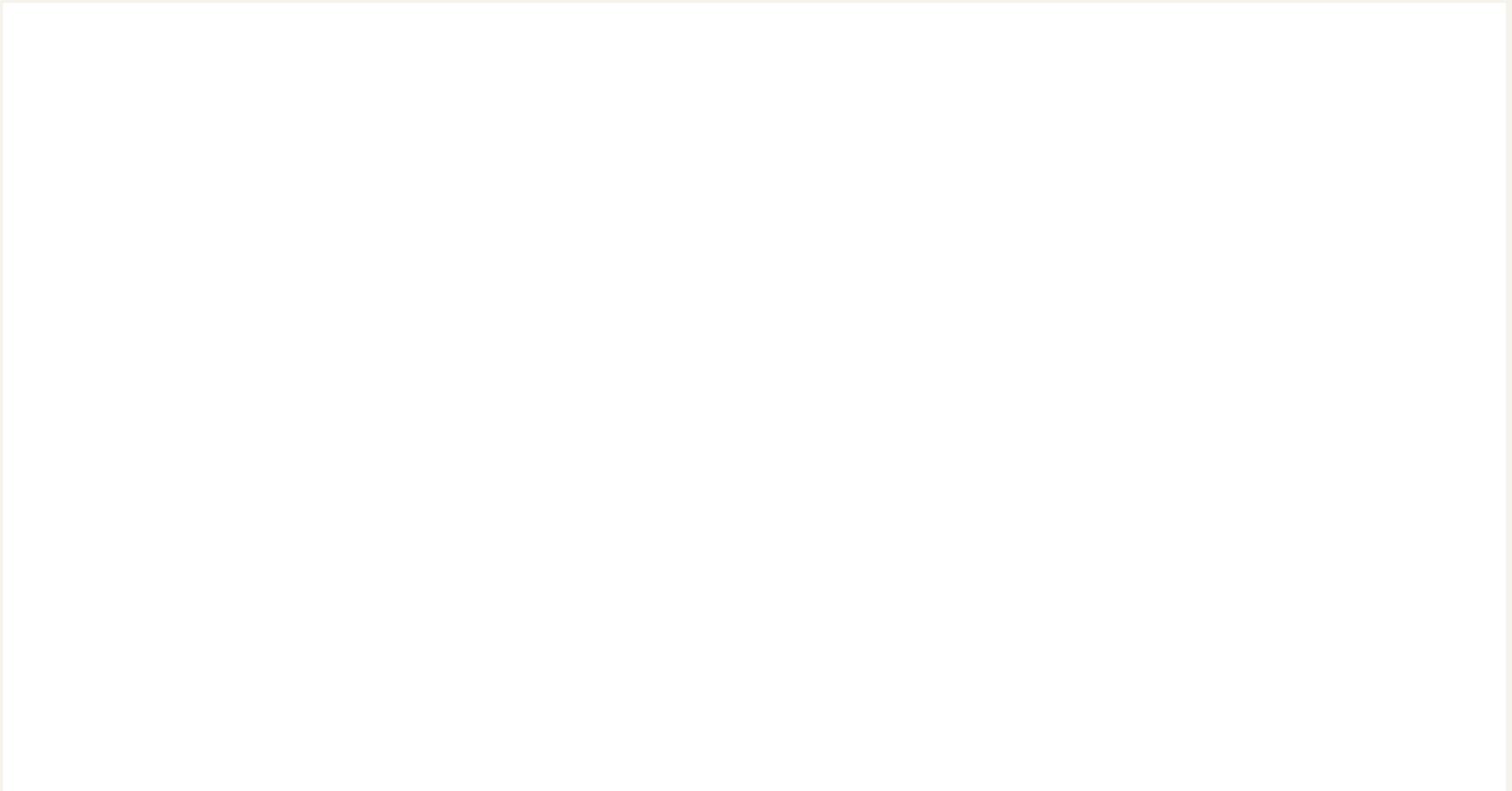
- Your vision inspires you and gives you energy. Your vision can be your inner encouragement and guide, helping to direct you towards your soul's purpose, or the deepest source of joy that you can bring into your life and into your everyday work.
- Your vision, when aligned with your values, helps you to say yes instead of no (due to fear) and no when you're obliged to say yes (even when you know it's the right thing for you)
- It enables you to focus on what to do (and what not to) to reach your goals.
- It helps you to reach out and ask for assistance (because it will make the boat go faster)
- It works as a stimulus and incentive to think bigger than before.
- Your decision-making becomes more confident, bold + brave without the need for justification.

Your vision is yours and if you believe in it, you become what you think about most. It serves as a constant source of inspiration and motivation.

VISION

This is super powerful to get our mind and body aligned with what we want. Picture yourself as your ideal self in 12-24 months' time. Go into as much detail as you can. Remember you get to choose based on actions you take each day. Are they bringing you towards this?

Where are you? Who are you with?



What is the weather like? Are you indoors or out?



VISION

What are you doing? What can you hear, smell and see?

What do you love most about what you are doing?

VISION

How does it make you feel?

List feelings as qualities: Useful, successful, ambitious, abundant, wealthy, brave, inspired, relaxed... Add your own.

VISION

Here's some more space to go into real detail. Dare to dream big!
Design your ideal day, evening + night. What is your vision of your
ideal life in two years from now?

VISION BOARD EXERCISE

Creating a vision board can really help you have the clarity to achieve your hopes and dreams. When you surround yourself with images of who you want to become, it is much more likely to become a reality because you will become more familiar with it.

I still look at mine every day and even see it in detail when I close my eyes! It serves as a wonderful visual motivator on days when things feel a little challenging.

Mine is full of images from magazines that match my personal + professional goals (see next page) and I found it to be a lovely tactile process: getting messy with scissors + glue. You could also use Pinterest as a source for your images and text if you prefer to print from there.

Your vision board is yours so create it your way.

VISION BOARD EXERCISE



Try focusing on how you want to feel, not just on the things that you want. My board does have a few material things, but they all evoke a feeling for me too, like riding a bike, or the smell of perfume.

Remember that when we really visualize and imagine how things look, feel, sound, and smell it inspires us and motivates us to bring our dreams + desires to life.

To be effective, your vision board needs to clearly reflect the future life you want for you. So words, phrases, and images represent those ideas and feelings and motivate you each time you look at it.

When you've gathered all your bits and pieces: board, glue, magazines etc, get comfy, turn on some chilled music, have a drink, some nibbles, enjoy + take your time. You might have to do it over a few days. There is no rush.

I look forward to seeing yours come to life! Feel free to share...

“Today, you are
you! That is
truer than true!
There is no one
alive who is
you-er than
you!

Dr. Seuss

LET'S
GO!

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W e l l d o n e

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