

TRANSFORMATION WORKSHEET #4: The Vision Exercise

The theme of my **Success Principles** book is “how to get from where you are to where you want to be”. To accomplish this, you have to know two things – where you are and where you want to get to. The following exercise is designed to help you clarify your vision. In order to get deeper answers that will serve you better, close your eyes and ask your subconscious mind to give you images of what your ideal life would look like if you could have it exactly the way you want it, in each of the following categories: (I’ve provided sample questions to get your juices flowing):

FINANCIAL

First visualize your financial situation. What is your ideal annual income? What does your cash flow look like? How much money do you have in savings and investments? What is your total net worth? What does your ideal home look like? Where is it located? Does it have a view? Walk through your perfect house, filling in all of the details.

TIP: At this point, don’t worry about how you’ll get that house. Don’t sabotage yourself by saying, “I can’t live in Malibu because I don’t make enough money.” Once you give your mind’s eye the picture, your mind will begin to solve the “not enough money” challenge.

Simply be honest with yourself about what you truly want.

CAREER and BUSINESS

What does your ideal job or career look like? Where are you working? What are you doing? With whom are you working? What kind of clients or customers do you have? What is your compensation like? Do you own the business?

FREE TIME

What does your free time look like? How much of it do you have, and what do you do with your family and friends in the free time you’ve created for yourself? What hobbies are you pursuing? What kinds of vacations do you take? What do you do for fun?

HEALTH

What is your ideal vision of your body and your physical health? Are you free of all disease? How long do you live to? Are you open, relaxed, in an ecstatic state of bliss all day long? Are you full of vitality? Are you flexible as well as strong? Do you exercise, eat good food, and drink lots of water?

RELATIONSHIPS

What is your relationship with your family like? Who are your friends? What is the quality of the relationships with your friends? What do those friendships feel like? Are they loving, supportive, empowering? What kinds of things do you do together?

PERSONAL LIFE

What about the personal arena of your life? Do you see yourself going back to school, getting training, attending workshops, seeking therapy for a past hurt, or growing spiritually? Do you meditate or go on spiritual retreats with your church?

Do you want to learn to play an instrument or write your autobiography? Do you want to run a marathon or take an art class? Do you want to travel to other countries?

MAKING A DIFFERENCE

What does your ideal community look like? What kind of community activities take place there? What about your charitable work? What do you do to help others and make a difference? How often do you participate in these activities? Who are you helping?

Record your answers to these questions on Worksheet 5: Decide What You Want.

TIP: Share your vision with somebody. This can be very uncomfortable. In fact, most people say, “I can’t share that! It’s too personal. It’s too crazy.” But the truth is half the people you talk to will want the very same things. Everyone wants wealth, loving relationships, supportive family and friends, a healthy body and time to help make a difference in our world. But too few of us readily admit it.

Sharing your vision helps your subconscious mind become accountable to make it happen.