



# CHAPTER 7: VISION



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# Therapy Session Number 7

Welcome back to my office. Today, we are going to look at your life's vision or plan. Use this session to write a letter to yourself where you envision your best life, just as I did while going through my divorce. Act as if you are already living your best life and share what that looks like. To get started, ask yourself:

**In that best life, how would you spend your time at work?**

**In that best life, how would you spend your time away from work?**

**Include details about your family, social life, and hobbies that you enjoy.**

Write your letter below:

A large, empty light gray rectangular area provided for writing the letter.

Now, read through your letter and take note of any common themes. It's time to make your vision a reality.

20 MINUTES



# Declare a Personal Manifesto

A Personal Manifesto is a declaration of your core values, what you stand for, and how you intend to live your life. It provides a foundation to build or rebuild your life, motivates you to live more fully, and reminds you to stay on course even during challenging times.

My Personal Manifesto is: “I live with loving compassion, fearless courage, and vibrant joy. I share myself in everything I do with the highest intention to provide inspiration and support to ease suffering and promote connection and growth. I live a supported, balanced, joyful, and prosperous life.”

Experts provide best practices for writing a manifesto. As you prepare to write your manifesto, ask yourself:

**What are my unique gifts and strengths?**

**What are my strongest beliefs and values?**

**How do I want to live my life?**

**What do I most enjoy? What do I find most meaningful and rewarding?**

**What changes do I need to make to live my best life?**

Now give it a go! In three to five sentences, declare the highest intention for your life. Keep it positive and write in the present tense with confident language. Include aspects of your personal, professional, and financial life. Consider hanging your manifesto on your fridge or corkboard, or use it as your screensaver.



# Dream Big Dreams

Answer the following questions:

**If you had a magic wand, what would your life look like? What are your dreams and ambitions? Include personal, professional, and financial aspirations.**

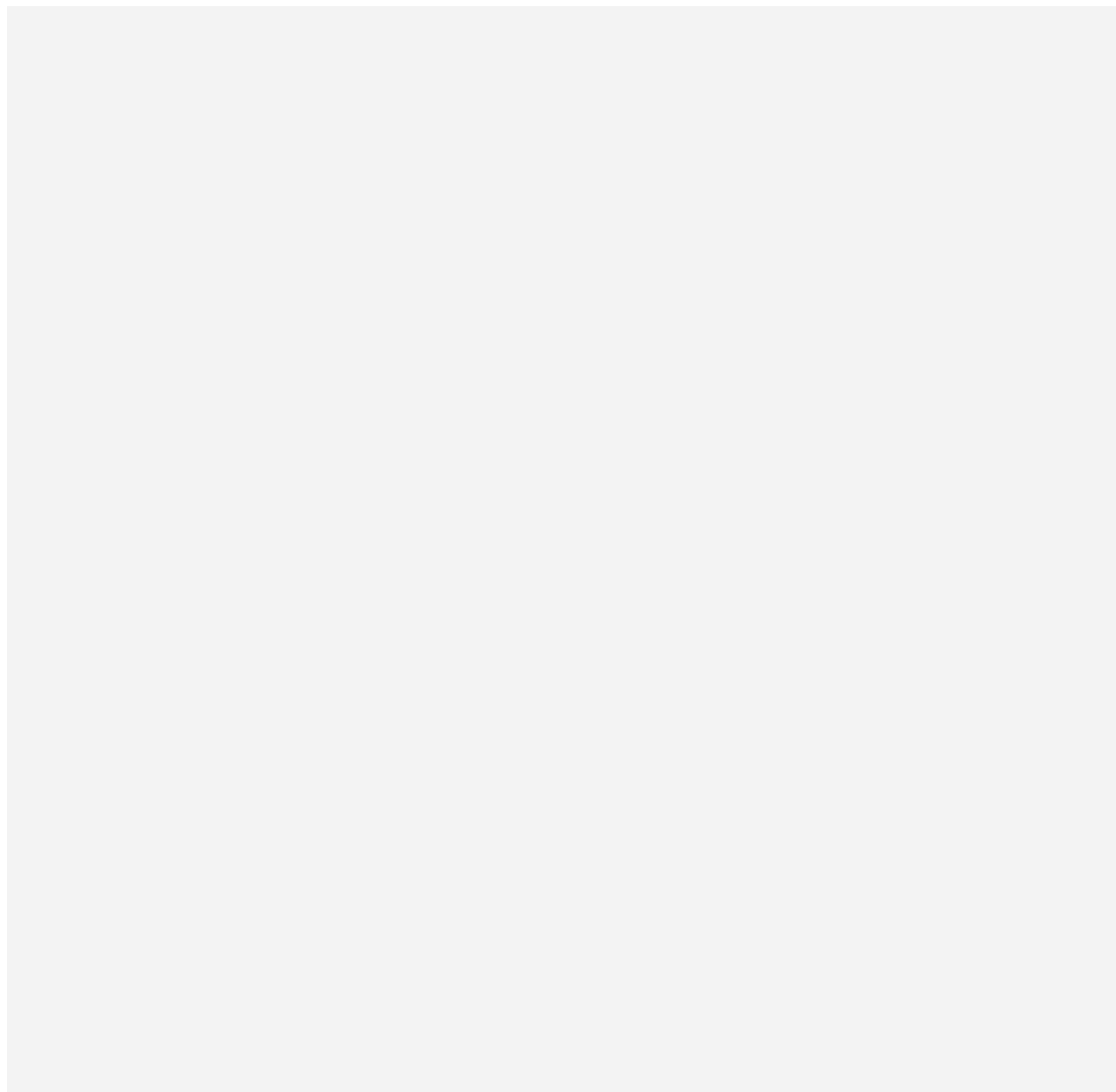
Blank writing area for the first question.

**What's on your bucket list? Write five to ten things you would like to experience, including travel goals.**

Blank writing area for the second question.

30 MINUTES; LIFETIME PRACTICE

**Finally, what do you want your legacy to be? What positive mark do you want to leave on the world? What are your philanthropy goals?**



Now, here's the kicker, I want you to tell somebody about what you wrote. This makes it real and puts it out into the universe as a formal request. While this can be uncomfortable, especially when you think you are asking for too much, remember that you aren't! Telling a loved one or a trusted confidant is a critical step toward committing to your vision.



# Develop an Action Plan

Developing an action plan for your personal, professional, and financial vision can seem overwhelming, but it doesn't have to be complicated or time consuming, in fact, it's best to keep it simple. Just follow these instructions:

**Write four to six personal, professional, and financial goals for the next year and then rank them in order of importance. Make sure to include at least two financial goals.**

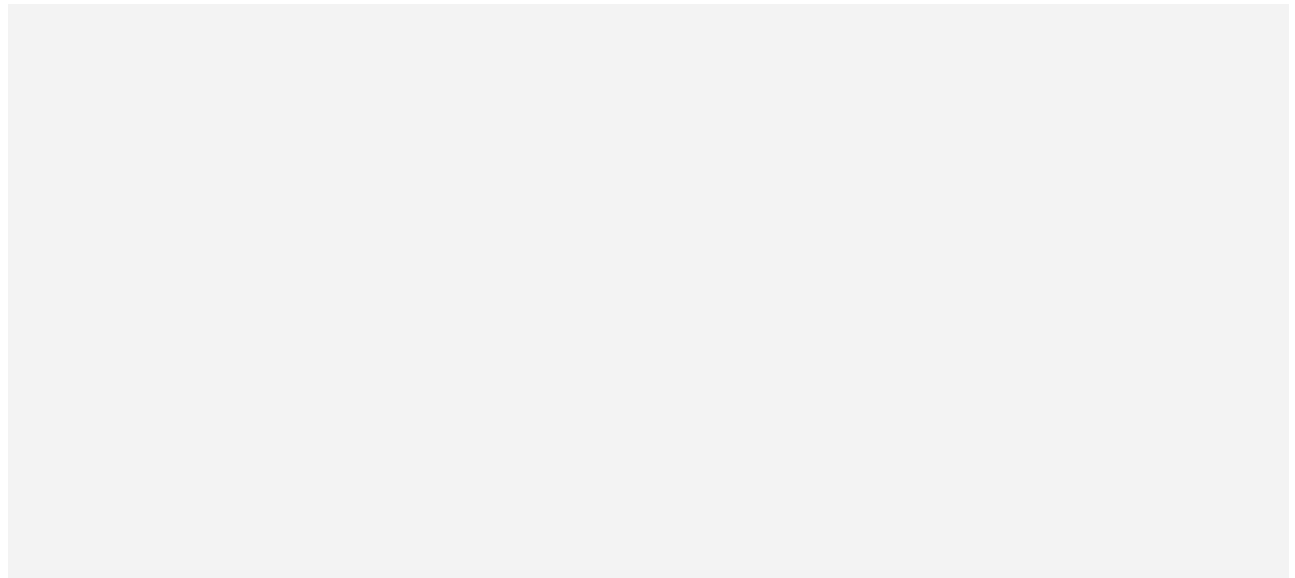
Blank area for writing goals.

**Make sure they are Specific, Measurable, Achievable, Realistic, and Timely (SMART) goals. For example, "Invest \$15,000 in my retirement fund this year" versus "Save a gazillion dollars before I am ninety-nine."**

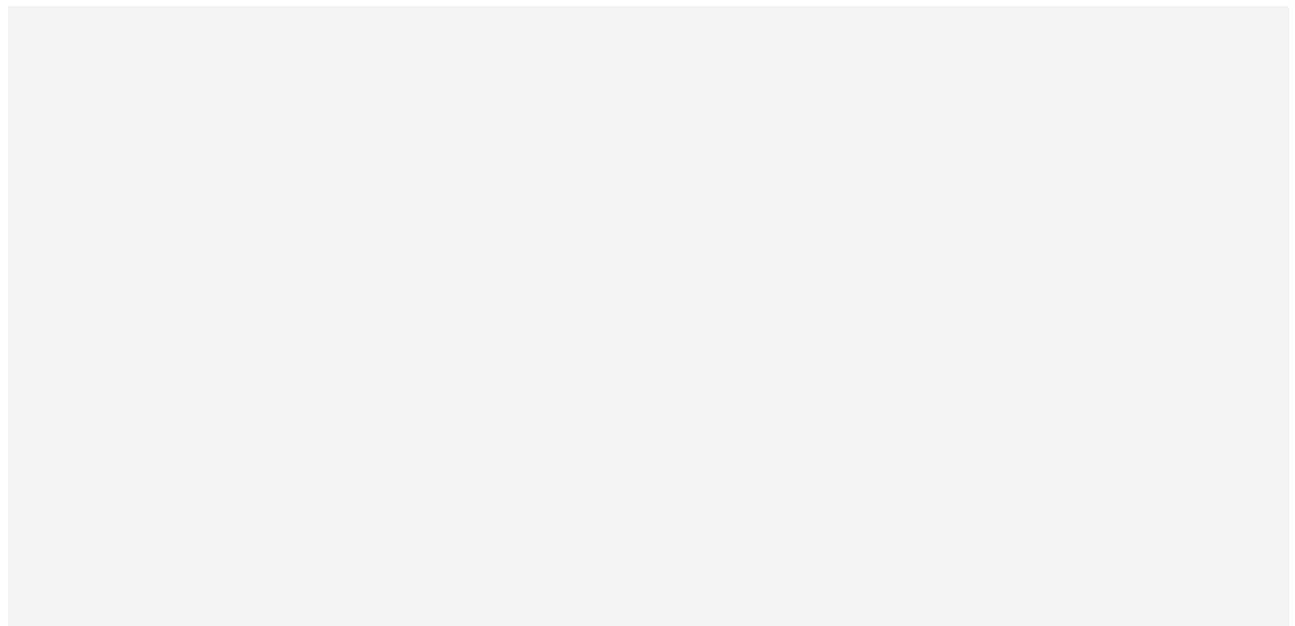
Blank area for writing goals.

45 MINUTES; LIFETIME PRACTICE

**Break goals down into smaller objectives or tasks, such as calling your financial advisor within the next week to share your goals so they can help put together a plan to help you get there or set up automatic monthly payments of \$1,250.**



**Create some accountability by sharing your goals, especially with your financial planner and/or therapist, and scheduling regular follow-ups to keep you on track.**



By completing this exercise, you are gaining traction on your vision, congratulations!



# Live with Intention

An intention is a way of being or living, stated in the present, that supports the likelihood of your goals coming to fruition. Wayne Dyer, author of *The Power of Intention*, said, “Our intentions create our reality.”

Okay, let’s do this.

**On separate pages, write down your personal, professional, and financial intentions. Your financial intention may be, “I am not wasteful and spend wisely.”**

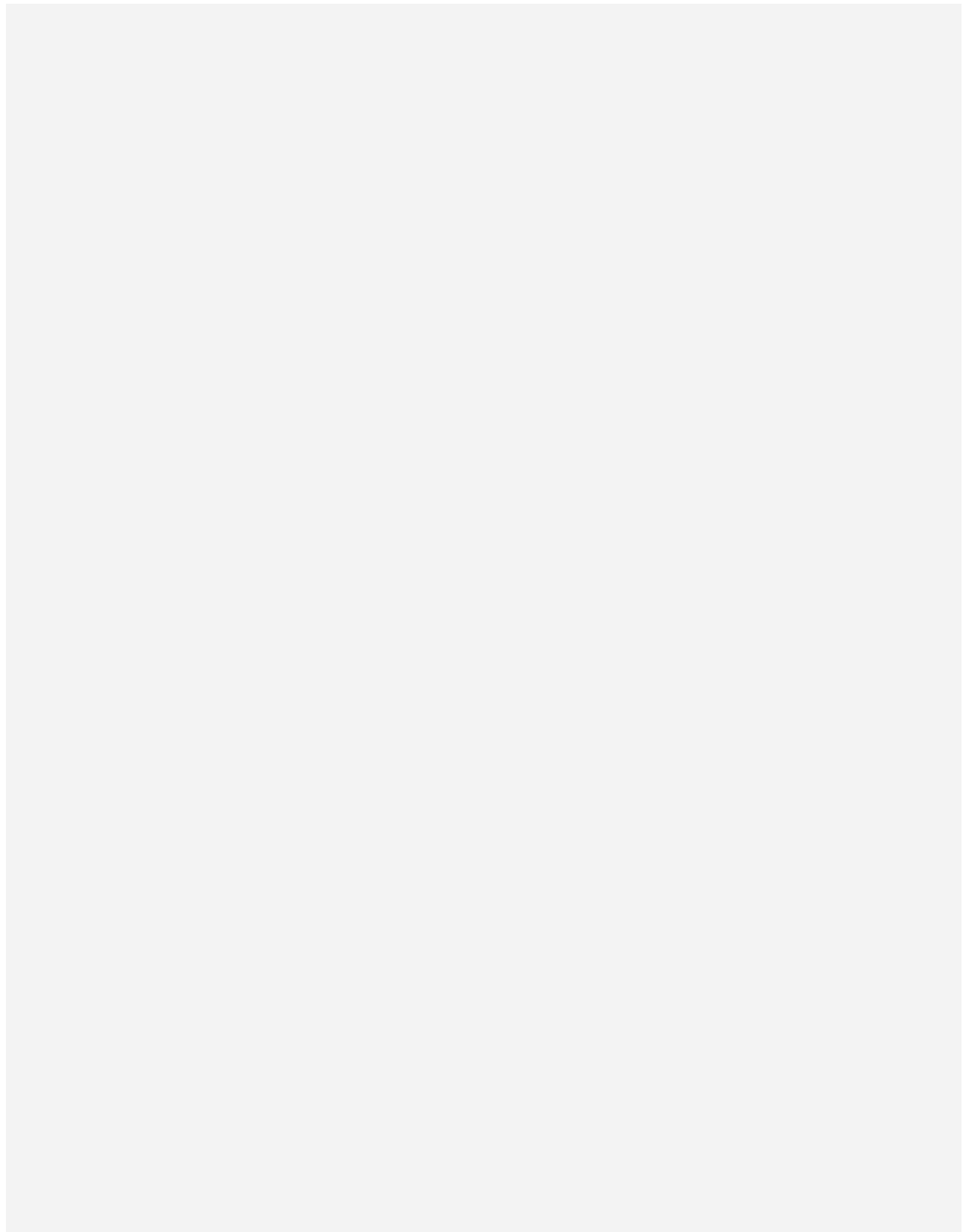
**On each page, write three to five short and positive intentions that support you in achieving your goals.**

**Consider reviewing or reciting your intentions before your daily morning or nighttime meditations. The more you repeat them the more likely they are to come true.**

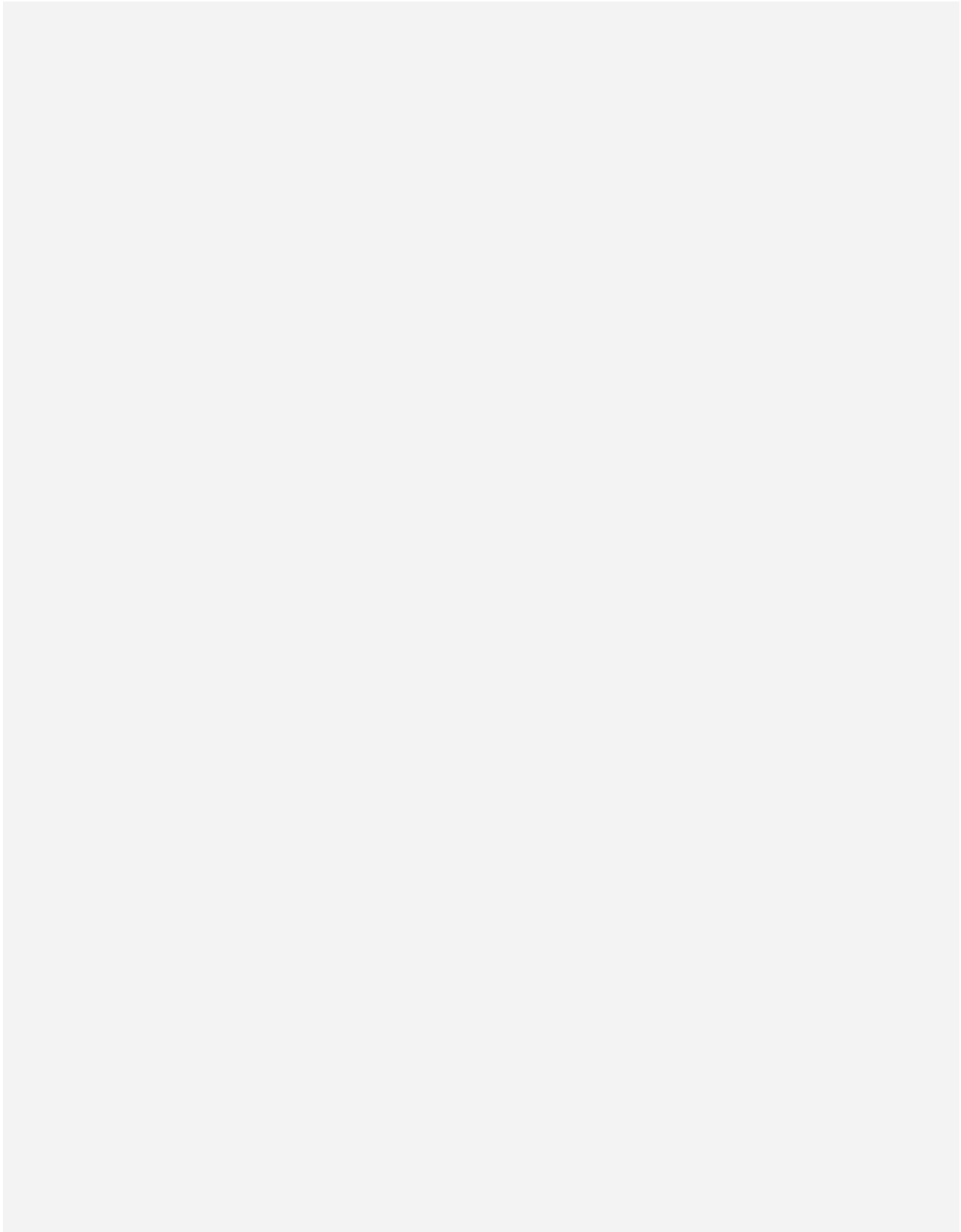
**Create daily practices to support your intentions. In the yogic tradition, the term sadhana refers to the daily practices that are a means for accomplishing something. Yogi Jaggi Vasudev, also known as Sadhguru, says, “Everything can be sadhana. The way you eat, the way you sit, the way you stand, the way you breathe, the way you conduct your body, mind and your energies and emotions—this is sadhana. Sadhana does not mean any specific kind of activity, sadhana means you are using everything as a tool for your well-being.” Make your intentions your way of life.**



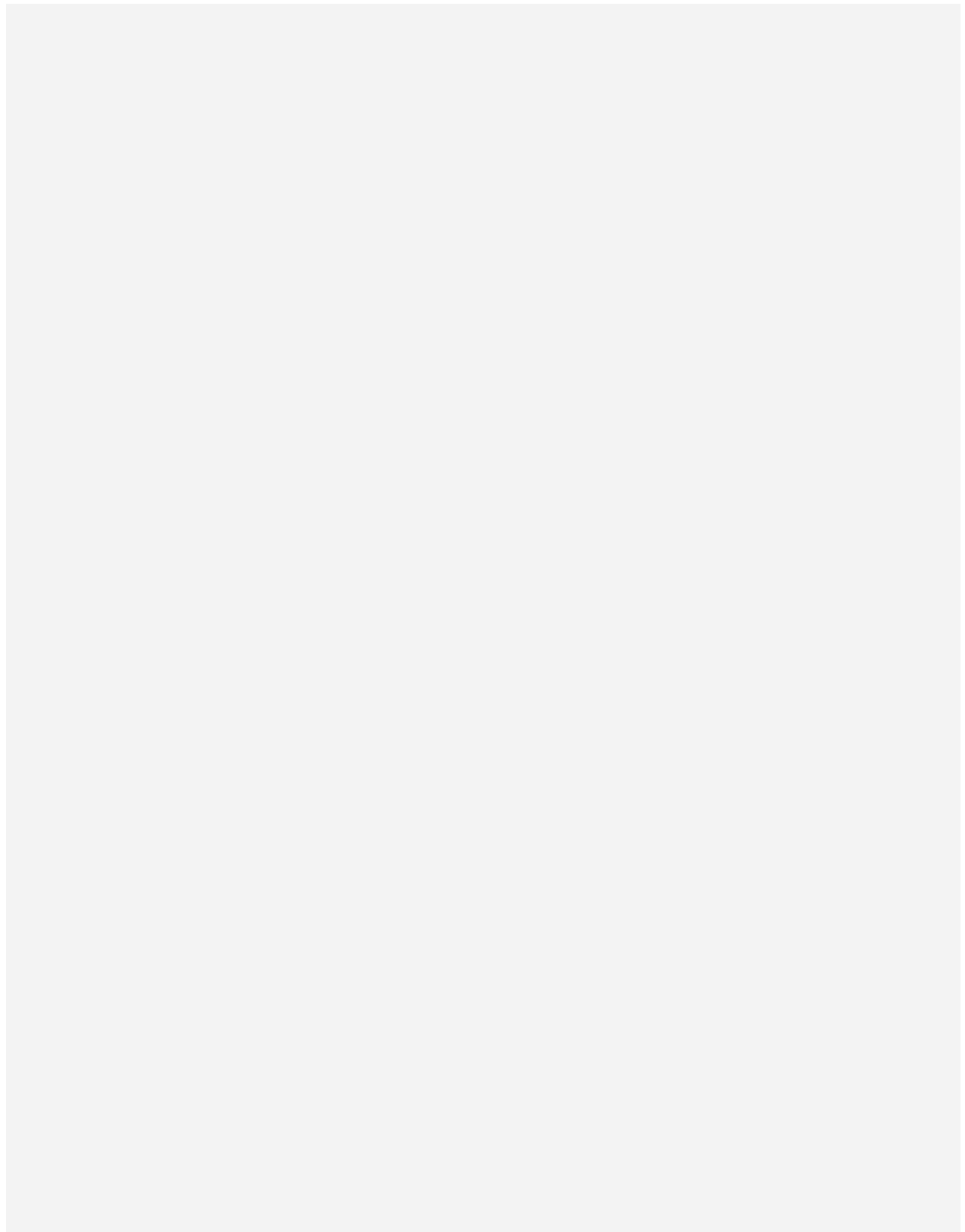
# Live with Intention



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# Live with Intention





# Visualize Success

Visualizing a positive outcome has long been utilized in sports psychology—if you can envision yourself making the goal, the chances are more likely that you will. Many neuroscientists have found that visualization helps the body respond better in its pursuit of desired outcomes, including financial goals like saving and accumulating wealth. That’s why bank managers and financial consultants should set clear goals that are easy for clients to visualize. It can motivate them to maximize their effort and performance so they can maximize their savings.

To reduce nervousness, give me more confidence, and improve my performance, I envision my speaking engagements and media appearances going well. Now, it’s time for you to give positive visualization a try. With your eyes closed, pretend you already achieved your life’s vision. Envision your greatest life filled with prosperity, love, health, support, success, and anything you desire. This includes your personal and professional life. How does it feel to achieve your life vision?

15 MINUTES; LIFETIME PRACTICE



# The Vision Wheel

Date \_\_\_\_\_

Rate your response after each question using a number from the following scale: Poor (1-3), Fair (4-5), Good (6-7), Prosperous (8-10)

20 MINUTES

Poor			Fair		Good		Prosperous		
1	2	3	4	5	6	7	8	9	10

**Life Plan:** A life plan is an overarching life vision that includes a Personal Manifesto by which you live. How well are you doing at creating a life plan?

**Professional Plan:** This is a career or business plan that will help you align your gifts with a need in the world. How would you rate yourself at coming up with a professional plan?

**Work-Life Balance:** A work-life balance plan protects your personal life, including your relationships and overall well-being. When it comes to work-life balance, how would you rate your ability to come up with a plan?

**Financial Plan:** This spoke refers to the Financial Planning component on The Financial Health Wheel you completed in the introduction. How would you rate yourself when it comes to creating a financial plan with goals, action items, and accountability?

**Intentional Living:** Living with intention is living according to positive statements that reflect ways of being that will help you achieve your goals and vision. How would you rate yourself when it comes to living with intention?

**Visualize Success:** This is the practice of regularly envisioning yourself achieving success in various aspects of your life. How good are you at visualizing success in all aspects of your life?

**Daily Practices:** Having daily personal, professional, and/or financial behaviors or routines will help you achieve your vision. How well do your daily practices help support your vision?

**Health Goals:** Your mental, physical, and spiritual wellness and aspirations are your health goals. How well do your health goals apply to your overall well-being?

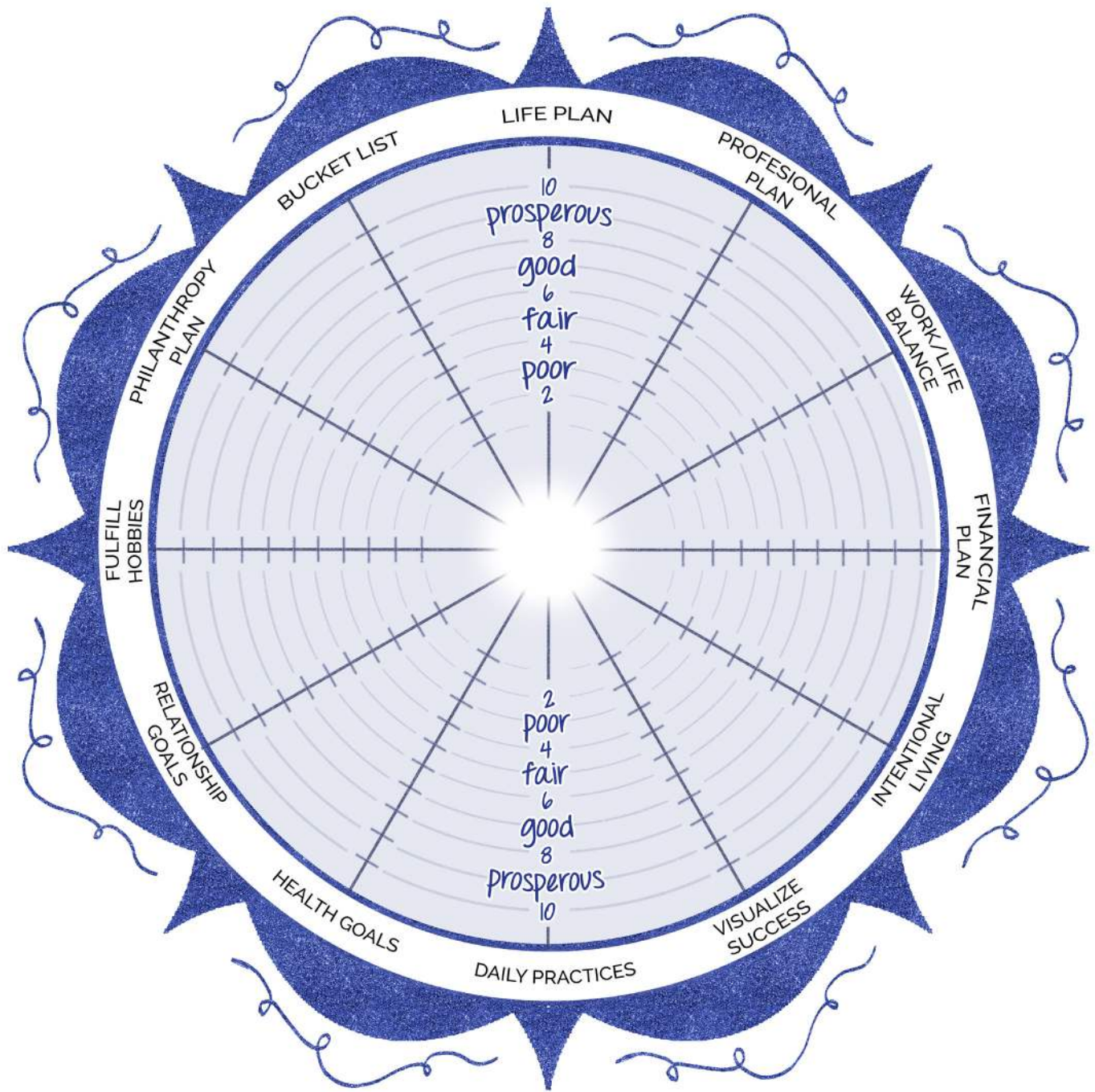
**Relationship Goals:** These are your needs and ideals for love, connection, and support aspirations. How much thought have you put into what you want your relationships to look like?

**Fulfill Hobbies:** Do you take time for fun and leisure activities that you enjoy? How much priority do your hobbies have in your life?

**Philanthropy Plan:** Do you have a plan for how you are going to be of service to the world in a greater way; are you clear on the legacy you want to leave behind? How would you rate yourself when it comes to creating a philanthropy plan?

**Bucket List:** This is a list of experiences that you want to be sure to get out of life. How good have you been at identifying what you want on your bucket list?

Chart your responses on The Vision Wheel. Start at the top: are you Poor, Prosperous, or somewhere in between when it comes to having an overarching Life Plan? Put a dot on the spoke next to the number that corresponds with your answer. Now, continue going around the wheel and after scoring yourself on every spoke, connect the dots to create a circle. Remember, you are measuring if you have created a plan for that vision, not if you've achieved that vision. That will come in time!

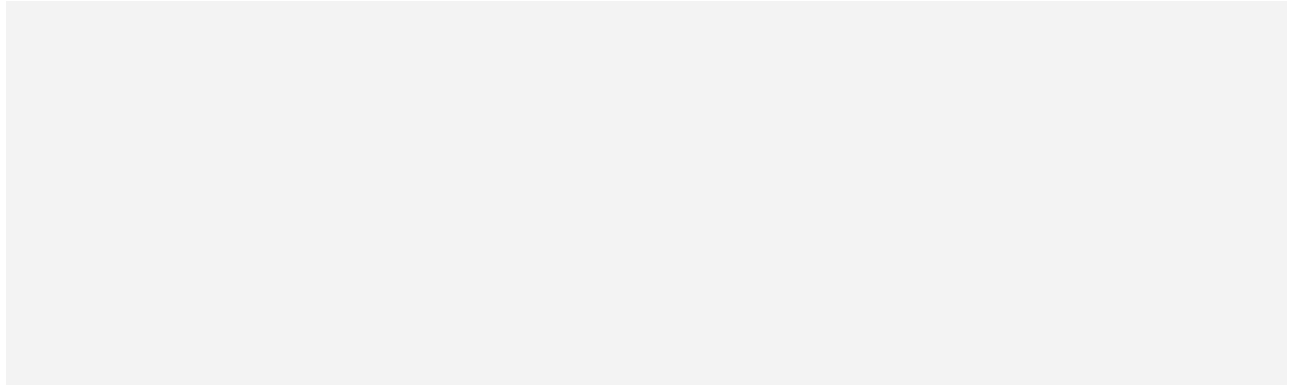


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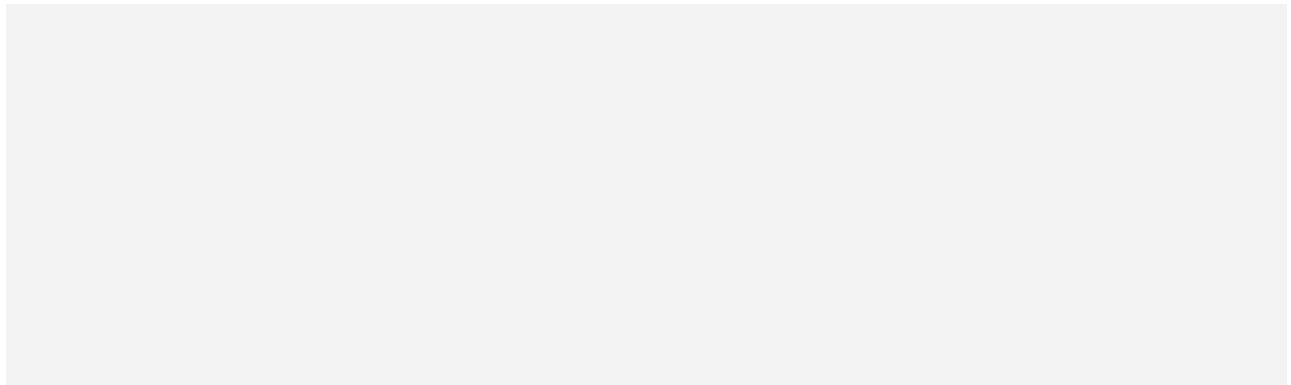
# The Vision Wheel

Answer the following questions:

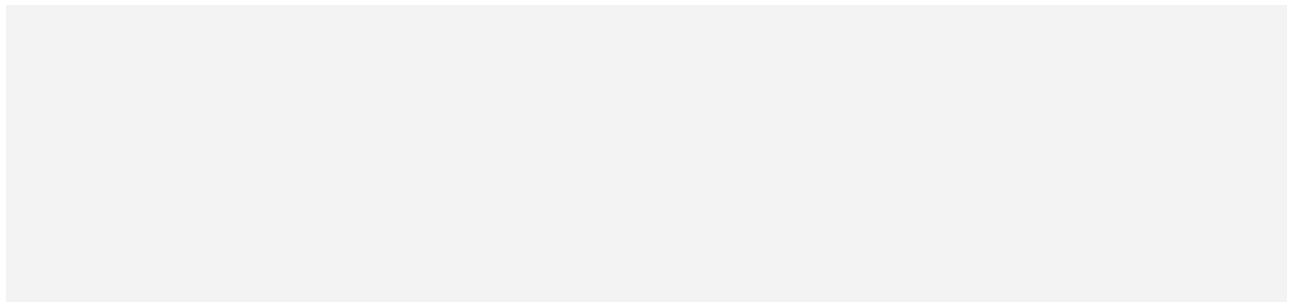
**As you look at the biggest dents in The Vision Wheel, what areas are in most need of attention when it comes to creating a vision?**



**What roadblocks or challenges are you experiencing when it comes to improving your vision in certain areas?**



**What kind of support do you need?**



Consider revisiting this exercise quarterly to continue to clarify your vision of a full and abundant life. Date your wheel and file it for later reference so you can track your progress over time.