

Your Vision



“Keep in mind always the present you are constructing. It should be the future you want.” Alice Walker

What is a Vision? A Vision is a portrait of the future that takes hold of you, and drives every moment of the present in that direction!

Many of us have been programmed into thinking that having lots of awesome material things like a magnificent home, a high-powered job or enormous wealth is the only true meaning of success. While this may be true for some people, at some point in their life, we don't all fit into the same mold. Whether we like it or not, what works for others frequently leaves us feeling unsatisfied and miserable because we don't enjoy what we are doing in the moment. To be successful you must be very clear about what 'success' means to *you*. Look at the lives of some of the world's most famous icons like Walt Disney, whose vision was to make people happy. Mother Teresa's vision was to ensure the poor of India were cared for. Martin Luther King's vision was an end to racism in the United States and civil and economic rights for all. They achieved success because they discovered their *WHY*, their *Vision* and their *Mission*. The success they achieved came about because they discovered the joy of having a definite purpose in life.

“A vision without a task is a dream; A task without a vision is drudgery; A vision and a task is the hope for the world.”

- Donald Reeves

*"Negative looks backwards. Positive looks forward.
Vision, if it is to inspire, always looks out the windshield,
instead of the rear view mirror. - Simon Sinek*



Your Personal Vision

We all need a captivating vision for our lives: a burning desire that is so effective that we are driven to do whatever it takes to achieve it. We can also talk about a vision as part of a GPS, strategic plan, or framework for your life and your work. We have come to know that there is one universal rule of planning, and that is you will never be larger than the vision that guides you. No Olympic athlete ever got to the Olympics by mistake; a compelling vision of his or her stellar performance inevitably guides all the hard work, sweat and tears for many years. Think of Mark Spitz, an unknown swimmer who came from nowhere to win several gold medals in the Olympics. The many long hours spent in training, in frustration, and hard work combined with his vision, were the driving force behind his many wins. Having a personal *Vision Statement* requires you to broaden your hopes, ambitions, and performance. Taking the time to really think it through, and write it down, helps you hold yourself accountable to achieving your dreams.

Frequently we hear that everyone we meet has something to teach us. For example, if someone we know irritates the heck out of us, and causes us to lose our cool, then this is sufficient evidence that we need to work on our empathy and tolerance level or look for the lesson in our own reactions and actions. This is one major reason why it's so important to create our own idea of success, and then develop some strategies or a framework to achieve it. Additionally, it's useful not confuse our *life purpose* with our personal *goals*.

“The future belongs to those who believe in the beauty of their dreams. - Eleanor Roosevelt



Having goals is essential to achieving any kind of success, when we don't have any goals, we can become frazzled, frustrated, drained, and lose our focus. Over your lifetime, you may set hundreds of goals, but your life on planet Earth has only one true purpose, and that purpose should be founded in the fundamental Core Values that gives your goals direction and meaning.

In coming to understand and know what your Vision is, it's useful to take a pen and paper and write it down. Continue to edit and change the language until it resonates completely with you. This written document is called a *Vision Statement* and is representative of how you envision your future to be. Your *Vision Statement* turns your energies in a direction that serves as a guide to *action*. Not only does your *Vision Statement* need to be consistent with your Core Values, it must challenge and inspire you to achieve your Mission. Vision is the *WHAT* and mission is the *HOW*.

Answering the following questions will help you determine your Vision of the future:

What is it that you want to create for your life?



If you knew you couldn't possibly fail, what would you do?

What would get you bouncing out of bed early in the morning and keep you up late at night?



What would your life be about?

What does your vision look like? Describe using as many of your senses as possible.



If you had absolutely no fear about moving forward, what would you do with your life?

What hurdles might you be excited to surmount?



What do you want to add to your own life and the lives of others?

It is important to make sure that your vision is *emotionally charged*, with a *burning desire* and the *power* to move you to take massive action. Your Vision will provide a constant focus, continuously reminding you what it is you are committed to creating in your life, with your career, and if you are an entrepreneur, with your business.

Be very specific when writing your Vision. What you envision is exactly what you will receive in your life. If you want a red Tesla car in your driveway, do not write down, “I want a new car.” Write down, “I envision a world where I drive my favorite car, a red Tesla with black leather interior on my weekly trip to my beach house with my family.” Also, your Vision needs to provide some detail about what quantifiable outcomes you want to achieve in your life. This benchmark will help you assess where you are versus where you want to be.

Your Vision Statement does not have to be perfect, nor does it have to be long. Remember you are not entering this piece of writing in a contest, you are writing to create something that excites you very much, and is a touchstone for what is meaningful to you. In addition to writing down how you envision your future, you

may cut out pictures that match your vision and make a collage or *Vision Board*. Post it where you can see it every day. If you like Pinterest, create a '*Pin-Vision Board*' and curate images, videos, quotes that are in alignment with your own Vision Statement. You may want to set aside five minutes every morning to add to your '*Pin-Vision Board*'.



(See example: <http://pinterest.com/greenpointcoach/my-pinvision-board/>)

If you are an artist, create your vision in the medium in which you most like to work. If you are a writer, poet or musician, create something to expressing your vision. Post it where you can experience it every day.

"All our dreams can come true if we have the courage to pursue them."

Walt Disney



Your Mission



“Our mission is to give unlimited opportunities to women. We will do this in tangible ways, by offering quality products to consumers, financial opportunities to our independent sales force, and fulfilling careers to our employees. We will also reach out to the heart and spirit of women, enabling personal growth and fulfillment for the women whose lives we touch. We will carry out our mission in a spirit of caring, living the positive values on which our company was built.”~Mary Kay Mission Statement

What is a Mission? Your Mission is *HOW* you are going to accomplish your Vision. It must be in alignment with your *WHY*, or your Core-Values. Your Mission needs to be framed and stated in a way that you can hold yourself accountable, and take the action you need to create the world you have imagined in your Vision. This means that you need to be specific, and what you say you are going to do must be something *actionable*. What are you doing, or are you going to do to bring your Vision to life? Your Mission needs to be greater than any one person or one thing, and must express the actionable *How* of your Vision.

“To bring motivation and originality to all athletes worldwide. If you have a body, you are a ‘sports person’.” - Nike Mission Statement



Steps to Determine Your Mission

To have the most sustainable Mission Statement, it needs to be dynamic and flexible, not static or fixed. You must continuously check in and update it to reflect new situations and experiences along your journey.

It's important to remember that your Mission is tied into your WHY and congruent with your Vision. Your WHY is the root of your Vision, your Mission, and your goals. *Why* are you here? When you know your *WHY* you actualize that part of your solar plexus and your mind, and you tap into your 'superconscious' - and that makes you unstoppable!

Know your competencies. List your strengths, skills, expertise, and desires. Grab a pen and paper and do this exercise, now!

Know your paths of expression. For example, writing, fine art and speaking are three different avenues of expression. In getting to the place of knowing which path you want to follow, it's critical that you are able to identify who you really are; know what your values are, as well as evaluate the roles you wish to play, be steadfast in your tenacity to persist, and hold yourself accountable.



List the ways you best express yourself, and explain how what you do expresses your Core-Values or your WHY.

What roles do you want to play in the story of your life?



What obstacles do you see to living these roles, in complete alignment with your WHY?

How might you hold yourself accountable to expressing your competencies?

The final aspect of determining your Mission is to unleash the power of your Spirit. There are three steps to unleashing the power of your Spirit and these are to forgive yourself for past mistakes, to be grateful for all you have in the present, and to escalate your present and step into your own personal power for the best future.



Forgive Yourself for Past Mistakes
Below, write out the 3 biggest mistakes that you must forgive yourself for.

“Forgiveness is to BE free—Loving your Self unconditionally allows forgiveness.

The state of ‘unforgiveness’ is a refusal to let go and come in to the present moment. Only in the present moment can you create your future.

If you’re holding on to the past, you can’t be in the present. It’s only in this “now” moment that your thoughts and words are powerful. So you really don’t want to waste your current thoughts by continuing to create your future from the garbage of the past.

No matter what your reasons are for having bitter, unforgiving feelings, you can go beyond them. You have a choice. You can choose to stay stuck and resentful, or you can do yourself a favor by willingly forgiving what happened in the past; letting it go; then moving on to create a joyous, fulfilling life. You have the freedom to make your life anything you want it to be because you have freedom of choice.”

- Louise Hay

“When you express gratitude, you raise the vibrations around you to a higher frequency. You create positive energy that emanates out from you and returns to you as wonderful experiences. You become magnetic. Good things and good people gravitate toward you because you’re such a joy and delight to be around.



An attitude of gratitude is naturally attractive. It has the power to turn challenges into possibilities, problems into solutions, and losses into gains. It shifts the energy. It expands our vision and allows us to see what might normally be invisible to someone with a limiting attitude.

Gratitude is a prayer for goodness to abound. I think the words “thank you” are two of the most beautiful words in the language. They can light up someone’s face and help the other person know that he or she is appreciated. It opens the doors to our hearts and allows us to feel connected.”

- Daniel Peralta

What are the three things you are most grateful for in your life?

Write a gratitude affirmation for each of these three things. “I express gratitude and thanksgiving every day, in every way for _____ . Doing so is an important part of my life.”



*“Your beliefs become your thoughts,
Your thoughts become your words,
Your words become your actions,
Your actions become your habits,
Your habits become your values,
Your values become your destiny.”*

- Mahatma Gandhi

The present is this moment. Being attuned to living completely in each moment, and aware of how your *WHY* and your *Vision* connects with everything in that moment, is what makes the present express your *Mission*. By escalating your present, you are able to experience each moment in this place of total congruency with your *WHY* and your *Vision* of the future. From this place of higher vibration and positivity, you can step fully into your own personal power, and create your own best future.

What steps are you taking to escalate your present and to step into your own personal power?

Now it's time to create your own personal Mission Statement. Making it no longer than two sentences will help you hone in on what matters most to you. Your personal Mission Statement is your guide for your purpose driven life.



As you settle into your Mission, and hold yourself accountable to the actions you have set for yourself to accomplish, you will know if you have the burning desire required to fulfill your Mission. You will find it becomes effortless to concentrate on what you really want, and you will be *UNSTOPPABLE!*

My Personal Mission Statement:

