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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Creating A Vision That Is Uniquely You

By Maria Marsala

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What do you see yourself doing a year from now? 3 years? 5 years? When you die, what would you like people to say about you? The answers to those questions, and a few more, can assist you as you prepare the "first edition", of your vision. Why the first edition you say? Well, if you are an evolving human being, your vision is apt to change as you do.

A vision helps to pull you forward – towards "something you've deemed is special". Without a clear vision, you may find yourself confused, stuck, stressed, overwhelmed, and drained. How can you get back on "your" track? The answers are as individual as you are. Use some of the ideas below as starting points.

Take a look at where your vision is on your priority list. If it isn't high enough on your list...

- ~~ask yourself why
- ~~do something about it
- ~~let it go

Write down every reason (excuse) for why you don't have a personal or professional vision. Don't stop till you have run out of reasons.

Then follow the suggestion that fits you best

~~Celebrate by burning what you've written! Isn't it time to let the excuses go?

~~Celebrate by creating at least five solutions to each of your excuses. If you can't come up with five, ask your coach for assistance. Then get going.

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Some people can create a plan and that plan never changes. They go for something and don't stop till they get there. Others change their plan often. Still others use both styles. Remember what your style is and do your best. Don't worry about everything being "someone else's idea" of perfect. Throw "doing it perfectly" out the window! Whatever way YOU do it WILL be ideal for where you are now. That includes waiting till the time is right for you or not doing it at all!

Ask your friends and clients what they think your personal or professional vision is about, what your strengths are etc. You may be surprised at what you learn!

Find a group to work with. Many coaches and consultants offer personal foundation groups, business start-up groups, find your ideal career groups, career support groups, or marketing groups. Often, you'll work with the group and a buddy towards your ideal plan, vision etc. If you want it badly enough, there is a group, via phone or in person, out there to assist you. To find groups:

~~Check the business section of your local newspaper or your local business journal for groups.

~~Join a telephone group, such as the ones Maria's Place offers, that are listed at www.coachmaria.com/events.html

~~Locate a coach, by using the resources found at www.coachmaria.com/coaching.html to find unadvertised in-person groups in your area.

~~Offer to host a group. Here you'd receive the program for free by hosting the group at your home and helping with the marketing and securing up to 7 other individuals. Maria's Place offers this option to residents of Kitsap, Jefferson, Mason and King counties www.coachmaria.com/washington.html Many other coaches and consultants will do this too, so check around your area.

Make it an adventure and do it! If one of my clients is having a difficult time getting started on their plan, I ask what they've done that hasn't worked and then we discuss other options. Try these options for ideas:

~~Be creative and have fun. Design the most creative vision you've ever dreamed about! Design your first dreamboard.

www.coachmaria.com/articles/dreamboards.html

~~Start a planning box. For "x" months, everytime you get an idea of what might be in your plan, put the thought on a piece of paper and put it in your box. Pick a date you'll put your ideas into a plan.

Take a good look at your current beliefs about the life you're creating. Pick up a copy of the Four Agreements: A Practical Guide to

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Personal Freedom. It's a small book jam-packed with wonderful information on beliefs. Make sure what you believe is really "you". Don't get stuck in someone else's vision.

Purchase the book I use with my business clients *The One Page Business Plan*. It's a fun, tips-full, fill in the blanks, clouds, answer-the-questions type workbook. Use it to create your business or personal plan. Go somewhere serene for a weekend and complete the 5 parts of your plan. Or you can close your house for a day by quieting the phone, using pre-made or order out meals, etc.). Spend a self-caring time creating your plan. Take a look what Jim Horan, the author, writes about business plans. "Writing allows others to participate in your dreams and give you feedback" Writing is a tool to help you ...

~~see what you're thinking

~~turn your dreams into something "real"

~~go for the clarity you desire

~~stay focused

~~get prioritized

~~take immediate action

~~help you remember what it is you wanted to do

Once you write your vision, try it on for size. Learn to stretch, "act as if", make small changes, or make some big changes to your vision. If it feels good, keep it. If it doesn't adjust it further. Main thing is to be comfortable with it. Remember the quote about insanity that goes like this "insanity is doing the same things over and over again expecting different results". "Try on" new concepts, new ways of doing things, and recommendations from others. Coaches are especially good at assisting you as you s t r e c h, s t r e c h, and then s t r e c h some more! So stretch right into your vision!

I bet that once your vision has been formalized, you'll wonder why you didn't do it sooner! And you'll be amazed at the time it takes to do vs. the time (and energy) you've invested just thinking about doing it!

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Focus on your future vision!

By James Winston

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Unfortunately, most people will never develop a strong future vision for their lives. They will never admit to themselves, or anyone else, what their dreams really are, and they won't put a deadline on those dreams and transform them into goals. Thus, most people will never even begin to harness their true potential. What they don't realize is if they are not focused on their futures – if they are not consciously creating their lives – then they are living accidentally, not intentionally. They are merely reacting to life. When you have faith in your future vision, it creates resilience: when things do not go your way, you will be able to pick yourself up because your future vision will be stronger than your setbacks. Doing the particular things you need to do to move toward that future vision will become automatic, a habit. It is close to the certainty of religious faith – the comforting, assuring feeling that whatever happens will happen, but in the end, you will succeed. It helps me to surround myself with photos and reminders which keep my future vision and goals on my mind. This is another simple yet powerful strategy. Remember that everything we experience in the 'real world' is merely an external manifestation of what has already happened in your mind. That is where the relatively well known maxim, "If your mind can conceive it, you can achieve it" comes from. And it is true. In your mind, you see, anything is possible. So nourish your mind with positive uplifting images... it's worked wonders for me!

James Winston–Motivational Counselor<http://getfit.blogspot.com>



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