

Session 4:

Create a Fulfilling

Vision for Your

Ideal Life



WHY VISION IS SO IMPORTANT

**“It’s the possibility of having a dream come true that
makes life interesting.”**

- Paulo Coelho

Deciding what you want is a key foundational block for building the life you want. You wouldn’t build a home without a clear picture of what you want it to look like, would you? When you write down what you want, as clearly as you can, your brain receives specific images to work toward, both consciously and unconsciously. Having a clear vision will guide your actions and your decisions, as well as keep you motivated along the way. That’s why we encourage you to dream as big as you dare to. You may be familiar with the following beautiful quote from Marianne Williamson. Read it twice, taking it all in. Notice if your sense of self and what is possible for you expands.

*Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us...
Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won’t feel insecure around you.*

MARIANNE WILLIAMSON

Author of A Return to Love

Now is your time to imagine your best possible life. On the pages that follow are worksheets that address the most important areas of your life (the same areas we looked at for the Wheel of Life last month). When you think about what you really want in each area, really go for it! Write down your heart’s desires. Give yourself permission to list anything and everything you want. Build your “I want” muscle. No one else needs to approve what you write—or even see it. This is for you. Dream big!



WHAT I WANT

In each of the sections below, write down what you want and your reason why. It helps to think about all the milestones that would lead to the life you wrote about above. Don't limit your desires to what you think you can have or what you think you deserve. Dream big! The sky truly is the limit!

FINANCES

| What I Want List what you want in the areas of income, profit, net worth, investments, debt reduction, cash flow or other finances. | My Reason Why For each item listed on the left, write down the reason that each of them is important to you. |
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HEALTH & FITNESS

| What I Want List what you want in the area of health and fitness. | My Reason Why List the reason why each is important to you. |
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FREE TIME, FUN AND RECREATION

| What I Want List what you want in the area of free time, fun and recreation. | My Reason Why List the reason why each is important to you. |
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PERSONAL AND SPIRITUAL GROWTH

| What I Want List what you want in the area of personal and spiritual growth. | My Reason Why List the reason why each is important to you. |
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POSSESSIONS

| What I Want List some of the possessions that you want to own or have access to. | My Reason Why List the reason why each is important to you. |
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MAKING A DIFFERENCE/CONTRIBUTION/SERVICE

| What I Want List the way in which you want to make a difference, contribute or be of service. | My Reason Why List the reason why each is important to you. |
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GOAL SETTING

Last month we asked you to rate yourself in each of the major areas of life using the Wheel of Life. Then we spent time cleaning up messes and incompletes so that we could move into this month—looking at where we want to go—from a place of inspiration rather than expiration.

Now that you've worked on discovering your life purpose and dreaming about your ideal life, it's time to kick the action into high gear by setting some specific, measurable goals and then going after them with intensity!

One reason that many people don't achieve their vision is that they don't turn their vision into a set of specific goals. Until you write a specific and measurable goal, your vision is too vague. For example, you might say you would like to have a new car, but you need to specify precisely what kind of car you want and exactly by when you expect to own it. Otherwise, your vision remains a dream, a nice idea, and just wishful thinking.

This course isn't about wishful thinking, and you didn't sign up for that. When you signed up for this course, it's because you were ready to take serious action to create a life you love!

I want you to be the exception—part of the 3% of people who take goal-setting seriously, and as a result, outperform everybody else. Setting goals is the crucial next step that will help you achieve the success you want. For any area of your life where you want to make a changes or acquire something you want to have, you need to create a goal. Without a specific, written goal your chance of success is significantly reduced.

On the following pages, you'll set 3 specific, measurable goals to support your life vision. You can also think back to the Wheel of Life and what areas you want to work on based on your level of satisfaction or dissatisfaction. After you've set 3 one year goals, we'll break them down further into actionable steps that you can start taking today!



GOAL SETTING

In the space below, set 3 specific, measurable goals that you will achieve by August 19, 2021.

Goal #1:

Goal #2:

Goal #3:

Now, decide on one goal for the next 30 days to help you reach one of the yearlong goals you set above. (You can focus on all three, but decide which one are you going to go ALL IN on for 30 days.)

My 30 Day Goal:

What is one action you'll take TODAY to move you toward your 30 day goal?

