



### Personal Vision Exercise

Olympic runners visualize crossing the finish line first to help them reach their dreams. Using this same technique, you can visualize your dreams and let the universe conspire to make them true. Use this exercise to help you create a photograph in your mind that is specific enough that others could recognize it. It helps to speak about this vision in the present tense, as if it already happened – “I am crossing the finish line first!”

Now find a quiet place to do this exercise and better yet, have someone read it to you so you are truly letting your mind go.

**Begin:**

Imagine your life is exactly the way you want it to be.

**Self-Image:** You are exactly the kind of person you want to be. Who are you? What characteristics shine through? What do you look like? What do people say about you? How do you hold yourself? What does your face say about you?

**Health:** You are totally and completely healthy: physically, spiritually, emotionally, mentally. What does optimal health look like for you? What rituals have you created to stay physically, mentally and emotionally healthy? What boundaries have you created to ensure your complete health?

**Home:** Where is your favorite landscape? Imagine that you are in your ideal living environment. What does the outside of your home look like? Now take a step inside and go to your favorite room? What does it look like? What colors on the walls? What does the furniture look like? What do you do in this room? How do you feel in this ideal home?

**Community:** Let’s move to your community. You are living in your ideal landscape and in your ideal community. What are your neighbors like? How do you interact in your community? Are you in a city, suburban or rural setting? What does community mean to you? How are you connected to your community?

**Special Interests/Hobbies:** Now let’s picture what you do in your free time? What are the activities that put a smile on your face, that make you feel energized and balanced? What are you doing and how do you feel when you are doing them?

**Relationships:** Let us move to relationships and the people most important to you. Who is in your life? What are your relationships like? What qualities do

these relationships bring out in you? How are you in these relationships? How do you nurture these relationships?

**Work:** Shift your focus to your work environment. Imagine you are working in an environment that is perfect for you. What is the culture of that work environment? What are you doing everyday to make you feel you are at your best? How are you going to be most fulfilled? What values does your work environment tap into? What makes you get out of bed and start work every day?

**Life Purpose:** Imagine that you had to give a speech to 500 school students on the subject of what you have learned in life. What would your speech be on? Aristotle said that life purpose can be defined as the place where your talents and the needs of the world intersect. Imagine your life has a unique purpose – fulfilled through everything you do. What is your unique talent? What is your gift to the world and your community? How do you share your gift?

Now that you have visualized this in your head write it down and think about it. Embellish it over time. Another great way is to create a vision map, clip magazines and newspapers and find words and photos that speak to your dreams, take a piece of cardboard and put these pictures on the cardboard and put it somewhere you see it regularly so you are reminded of your vision and think about what baby steps you can take to get closer to it.