

Your Vision

Find a quiet spot and a quiet, reflective mind. Take a few deep breaths and let go of any tension, so that you are relaxed and comfortable and centered.

Close your eyes. Imagine achieving a result in your life that you deeply desire. For example, imagine that you have the perfect job, or you live where you most wish to live, or that you have relationships you most wish to have. Feel free to imagine the ultimate. Ignore how possible or impossible this vision seems. Go for it!

Use the present tense as you think about this vision. Where are you? What does it look like? What do you see? Who is around you? What are you doing? What are you wearing? What are you saying? What do you hear? How do you feel? What do others say about you? How do you feel about that? What gifts, strengths, and abilities are you using? What is their impact on others? What personal values are you honouring, and how? What are you choosing? What lies in the future for you, from this vantage point? Try to get in as much detail as possible. Really imagine that you are sitting in that place, being that person. Visualise.

Then describe in writing the experience you have imagined (or draw a sketch, or make a collage). If writing, use the present tense, as if it is happening now.

It's not what the vision is. It's what the vision does.

Put an elastic band on one finger of one hand. With a finger on the other hand, pull it down until you feel a tension in the band.

Now imagine that the upper hand represents your vision of what you really want, the lower hand represents your current reality. The tension between the two is a creative tension. Tension, by its nature, seeks resolution and there are only two possible ways for the tension to resolve itself: pull reality toward the vision or pull the vision toward reality. Which occurs will depend on whether we hold steady to the vision.

Don't be discouraged by the gap. The actual gap between vision and current reality is your source of energy, what will make you move. No gap, no tension, no movement.

Key questions

About the vision

If you could have it now, would you take it?

Assume you have it now. What does that bring you?

About current reality

Holding an accurate view of current reality is as important as holding a clear vision.

What is your current reality?

About closing the gap

What are the primary areas of leverage?

What action needs to be taken? Which ones are high leverage?

What keeps you from getting there?