

REACH FOR THE STARS... CREATING A VISION

It can be hard to move forward in life unless we have a clear picture of who we want to become and what we want to create. Having a clear vision of our destination provides us with a focus for our own action and assists us in attracting and recognising the right opportunities.

Whilst coming up with a vision for the life we would love might sound like an easy task, there are a few common pitfalls.

1. We can sometimes get stuck in focussing on what we don't want rather than what we do want e.g. "I don't want to have a boring job". This is a 'negative vision' and isn't useful as we tend to create more of what we focus on. We're best to focus on what kind of job we **do** want.
2. Coming up with a vision that meets the hopes and dreams of other people rather than our own is a common problem. Too many people find themselves wasting years of their life trying to please their parents or partner, only to realise later in life that their own dreams have been suppressed.
3. Similarly, society can place a lot of expectations on us with loud messages about what *should* be 'important' in life. These might be things like high paying jobs, fancy cars, big homes, 'good looking' partners or careers that are influenced by outdated gender stereotypes.
4. When we lack confidence or self worth, we may find ourselves editing our vision. It might come from a place of not wanting to appear "too big for our boots". Or we may feel that we don't have the ability to live up to such a grand vision. As a result, we might settle for a lesser life.

In order to avoid these pitfalls, we need to be able to let go of what we think we know and what we have been told and allow ourselves to be informed by a deep, inner voice that is truly in touch with our unique humanity.

One way this can be achieved is through a guided visualisation. It is a form of focused relaxation that helps create harmony between the mind, body and soul. It is a way of focusing your imagination to create calm, peaceful images in your mind. It allows you to access your deep inner knowing or intuition.

To help you access your vision, we are providing you with a specially designed guided visualisation. Here are the steps you will need to take:

1. Find a quiet and peaceful place where you will not be disturbed for at least 20 minutes. Set yourself up there comfortably with paper and pens/pencils to write/draw with.
2. Select an area of your life and a timeframe you would like to vision for e.g. a place to live in the next 12 months. Pick something that is relevant to your life right now.
3. Play the visualisation recording and simply follow the prompts.
4. Write down/draw what you received in your visualisation.
5. Put it in a place where you will see it often e.g. on the fridge door.

Your vision now serves as an endpoint for a plan of action. The best action plans provide a bridge between your current reality and your vision.

Go Well!