

## Clarifying Your Vision of Your Ideal Life (Modified from *The Success Principles*, Jack Canfield)

Your vision is a detailed description of where you want to 'get to'. It describes in detail what your destination looks like and feels like. To create a balanced and successful life, your vision needs to include the following seven areas: **work and career, finances, recreation and free time, health and fitness, relationships, personal goals and contribution to the larger community.**

At this stage of the process, it is not necessary to know exactly how you are going to get there. All that is important is that you figure out where *there* is. If you get clear on the what, the how will be taken care of.

Find a calm and serene time and place and consider these things when creating your vision:

1. First, focus on the financial area of your life. What is your annual income? What does cash flow look like? How much money do you have in savings and investments? What is your total net worth?

Next, what does your home look like? Where is it located? Does it have a view? What kind of yard and landscaping does it have? Is there a pool or stable for horses? What color are the walls? What does the furniture look like? Are there paintings hanging in the rooms? What do they look like? Walk through your perfect house, filling in all of the details.

Remember, you're not worrying about how you'll get this house. Don't sabotage the process by saying it can't be so. Instead of believing it when you see it, try seeing it when you believe it.

What about the car you drive and all of your other personal possessions? What are they like? Remember, your imagination is the limit. Go for it.

2. Next, visualize your ideal job or career. Where are you working? What are you doing? With whom are you working? What kind of clients or customers do you have? What's your compensation like? Is it your own business?

3. Then focus on your free time, your recreation time. What are you doing with your family and friends in the free time you've created for yourself? What hobbies are you pursuing? What kinds of vacations do you take? What do you do for fun?

4. Next, what is your ideal vision of your body and your physical health? Are you free of all disease? How long will you live? Are you open, relaxed and enthusiastic all day long? Are you full of vitality? Are you flexible as well as strong? Do you exercise, eat well and drink plenty of water?

5. Now move on to your ideal relationship with your family and friends. What is your ideal relationship with your family like? Who are your friends? What is the quality of the relationships with your friends? What do those friendships feel like? Are they loving, supportive, empowering? What kinds of things do you do together?

6. What about the personal arena of your life? Do you see yourself going back to school, getting training, attending workshops, seeing therapy for a past hurt, or growing spiritually? Do you meditate or go on spiritual retreats with a church or other organization? Do you want to learn to play an instrument or write your autobiography or another kind of a book? Do you want to run a marathon or take an art class? Do you want to travel to other countries?

7. Finally, focus on the community you live in, the community you've chosen. What does it look like when it is operating perfectly? What kinds of community activities take place there? What about your charitable work? What do you do to help others to make a difference? How often do you participate in these activities? Who are you helping?

Do this exercise with joy and flow. Have fun with it! This is not about what you cannot do. This is about your life's vision and purpose that only you know and can make real. If you're not inspired, get up and take a walk, a ride. Come back to it and trust it as an evolving, 'organic' process. When you feel as if you're complete with at least a good outline of these seven areas, **review it daily**. Keep it in a safe, accessible place – on your desktop or in a journal. Modify it whenever you're moved to do so. Share the vision with a good friend whom you can trust to be supportive and positive. This is YOUR vision and no one else's. Make it so.

*"Create your future from your future, not your past." – Werner Erhard*