

Creating Your 12 Month Vision

1. Identify Top 3-10 goals. Use Wheel of Life and Goals worksheet (attached) to remember the various areas of life you want to bring attention to. What do you really want? More is not necessarily better. What matters most is being CONNECTED to what you want.

2. Identify FEELINGS you want to experience over the next 12 months.

- How will you FEEL when you achieve your outcomes?
- What FEELINGS can you tap that will allow you to realize your goals? (i.e. anticipation, discipline, focus, joyous, eager, etc.)
- What emotional shift will help you step into your goals?

3. Describe What The OUTCOME Looks Like. What results have been achieved? Money in bank. Affect on other people. A book. Information products. Live events. Group coaching programs. Number of coaching clients. A pile of newspapers with your articles in them. Happy customers. A peaceful heart. A new relationship. Body weight or shape. How will you be spending time in the future?

4. Steps To Achieve. Include some of the key steps to help you realize your desired outcomes. What daily habits will support you? Writing daily? Working out, and eating right? Creating space energetically for the something new -- business, relationship. For relationship, becoming fully available, healing the past, being fully authentic. Maybe the clarity of a business plan is necessary, solid intention. What resources will you access and help you achieve your outcomes? What mindset will support you?

5. Give Special Attention To Any Points That Feel Hard, Confusing Or Sticky. Assume a shift is possible - mentally, emotionally, physically and spiritually. Anticipate HOW you'll work through any fear or potentially difficult situation.

6. Language, Language, Language.

- Inspiring, Juicy, Compelling to YOU.
- Write in past tense - as though it has already happened and it is one year from today.
- Borrow words from others visions...but, own whatever words you choose.
- Use language to help you emotionally connect to your vision.

7. Creating Space Energetically. In addition to making space energetically, include language to expand your sense of worthy and deservingness. We want to create the space to ALLOW your goals to be realized. (Refer to Lesson #7 in *Power of Inner Choice*).

8. CONNECT EMOTIONALLY. Deepen the connection each day and each week. You don't need to be fully connected now, but ultimately it's a necessary step in co-creating your desires. We'll be tweaking and adjusting the visions throughout the year.

9. Blend BIG with REALISTIC. We want visions that inspire the best out of you. If a vision is ho-hum, that's a clue to stretch and go bigger. On the other hand, setting a goal that is so far out there you can't emotionally connect to it, doesn't serve. I'd rather see you nail a goal for \$50,000 or \$100,000 and be solidly grounded in your strategy, than naming \$1 million on wishful thinking. I've seen overly lofty goals blow the inner circuits, and be more discouraging than inspiring. Check your vision...do you need to enhance it and make it BIGGER -- or ground it in reality a bit? If you're having difficulty connecting emotionally with a goal -- or identifying the practical strategy of getting there...this is a clue to adjust. We need to start with something you CAN emotionally connect to, and grow from there. And, if it's too EASY...that's another reason to adjust. You'll adjust over time.

Useful Questions:

1. What's the goal/outcome?
2. How will you FEEL when you get there? (be patient -- the emotions will come)
3. What experiences will result when the goal/outcome is achieved?
4. How will you FEEL in the process of moving toward your goals...and/or what FEELINGS will support you in getting there?
5. What steps will you take in pursuit of your goal?

Not every outcome will require all elements outlined above. When stuck or unclear -- this process can bring additional clarity and vividness to your vision.