

Hello!

I'm so pleased that you want to learn more about creating a personal future that matters! You might wonder, why does having a personal vision matter so much? Think about this, you wouldn't try to drive your car without steering it, right? Who knows where you would end up, but it probably wouldn't be where you wanted to go. The same is true in life—we need a blueprint of the future we most want—otherwise, life will take us in lots of directions that may or may not be in our highest good and allow us the most complete expression of our gifts. I'm sharing my personal vision with you just for context, to give you ideas and set the stage for your own exploration. I'm sure you won't relate to everything in my vision and that's as it should be. Use my example to get inspired and as a jumping off point for creating your own personal future that matters.

Anna's Personal Vision

Today is January 1st, 2019. My life has a beautiful flow to it. My health is robust, my sense of well being strong. I sleep well and awaken fully rested each morning. I am naturally drawn to eat a healthy diet and my food digests easily, giving me balanced energy all day long. I enjoy exercising more than ever as my body becomes stronger and more flexible.

My lifestyle with Russ is full of abundance and I balance meaningful work with plenty of time for hiking with friends, writing, playing and sharing music and travel to beautiful and inspiring places. Russ and I continue to love each other with passion, appreciation and a sense of humor, growing closer and paradoxically, more independent all the time.

My relationships with our children and friends are extraordinary. I love and cherish my connections, and those connections grow deeper day by day. I feel myself surrounded by a living network of well – wishers, people who deeply care for me, are there for me and value and appreciate my gifts. I am able to lean deeply into those relationships, drawing strength and courage from their support.

My work has grown in amazing ways. Now that I understand my gifts of creativity, compassion and courage, combined with my insights from my life-long practice of self-awareness, acceptance and service, it's crystal clear what I have to give to the world and the world appreciates, and welcomes me 100%. My clients are deep seekers and thought leaders who find my experience to be important to their own evolution and that of their organizations.

My expression through writing has continued to expand and I many people trust my take on life and lean into me for insight and support. I am well known in the business world as someone with very special gifts and insight and am in high demand as a speaker, coach and facilitator on topics related to the awakening and evolution of leaders and their organizations.

My mind is quiet and I live deeply in contact with the present moment. If negative self -talk occurs, the volume is so low I am never distracted or disturbed by it. I know how to easily and quickly refocus on what I want most—to live with joy in the present. I know I am lifted and held by my connection to my life force, prana. I am safe and loved unconditionally by the divine. I live full of gratitude for all the gifts that life has showered upon me. May it be so.

Template for Creating Your Future that Matters

Okay, now it's your turn to explore your vision for your personal future. This template is designed to help you envision all the aspects of your life; feel free to add or delete any sections if you want. And, before you start on this, create an intention to give yourself the future you were truly born for, setting aside any self-imposed limiting beliefs about what is possible for you.

First: Establish a date one year in the future:

Write: Today is X/X/XX (one year from today)

Section One: Envisioning Your Body

Your health is key to having a happy life. We all know this is true but it can be tough to take the time to prioritize it.

Start by picturing your physical body at its optimal state. Identify simple practices like healthy eating, sleeping and exercise as a way to get started. Remember to state things in the present, as if they are happening right now. Avoid saying things like, "I don't eat junk food" and instead say, "I'm naturally attracted to healthy and nutritious food". If you have areas of special concern, note how those concerns have resolved. Especially focus on appreciating how good you feel in this new now.

Section Two: Envisioning Your Relationships

Feeling loved and loving is essential to our health and well-being. Create a really compelling picture of yourself being loved deeply and fully. Feel free to use some of my words if they feel right for you.

Think about your key relationships and describe them in the most optimal terms. This isn't the time to be practical. Instead, let yourself feel what you really want to create and how you most want to feel in the context of your relationships. If you want a long-term partner to express more love to you, talk about how incredibly loved you feel by him or her now and how your love flows back. If you want to attract a new relationship, describe how you feel in their presence.

Remember to talk about your relationships with children, family and friends. If you find yourself feeling lonely or conversely, surrounded by relationships that lack the depth you seek, describe how you want it to be. Take a look back at my example to see how you can phrase this and again, go for what you want, not a compromise or what you may think you are allowed to have. Remember, place yourself fully in this new now and describe and appreciate how much you love what you have.

Section Three: Envisioning Your Work

Most of us have a need to make a difference in the world, to express our unique gifts fully and to feel seen and appreciated for the expression of those gifts. Finding them and owning them 100% can take some real exploration and discovery, but it's worth the time and effort.

Take a stab at identifying three key gifts you think you bring to the world. They could be anything: skills, characteristics, expertise. For example, maybe you are a songwriter, a great cook, have an amazing sense of humor, or are known for your kindness or organizational skills—whatever! What matters is that when you express your gifts, you feel even more fully yourself.

Your unique gifts will become much clearer to you over time, as you continue to love and live into your vision.

Talk about how your gifts are now recognized, appreciated and rewarded by the world. Notice how you always have “enough” whether it from a financial point of view, a recognition point of view or other context important to you. Notice what “enoughness” feels like to you. Relax in this new now and let the ease and abundance flow through your nervous system, re-patterning your brain in ways that support this new version of who you are.

Section Four: Envisioning Your Spiritual Connections:

Whether you relate to spirit as nature, a higher power, a spiritual path or a specific religion or teacher, be sure to include a section on your vision for your spiritual deepening and continued evolution. This is fundamental to bringing about a meaningful personal future.

I like to focus on my ability to live fully in the present moment. Having a quiet mind and a close connection to my life force, prana, is key to my happiness. If you aren't familiar with the idea of prana, I will talk more about it in another share, but for now, notice how you have a powerful energy that manages all your essential physical functions without your having to consciously do anything. Imagine that this life force wants to not only sustain your body, but also help you awaken to a bigger and more powerful version of yourself. Even if that seems utterly crazy to you right now, try to imagine it and appreciate it. It works!

What Happens Next?!

Congratulations, you have created your personal future vision. Your next step is to record it onto your phone using one of the audio recording functions. Be sure to read it slowly, leaving pauses to really sink into each phrase, feeling and picturing each section fully. And the most important thing—as you listen to it, *feel deep gratitude, as if you have already received every single part of it.* As you do this, your body and mind begin to make the changes that will allow it to come to you.

Listen to your recording at least twice daily, preferably soon after you wake up and before you go to sleep. Find other ways to keep it alive in your mind and heart. For example you can make a poster using it as a centerpiece, write sections of it on post its and place around your home or office, or share it with trusted friends who care about you. I've asked loved ones to read it aloud to me so I can hear how it sounds through others' voices.

One more thing—sometimes when you get clearer about who you are and what you want in life, guess what shows up? Everything you don't want! Frustrations, self-doubt or disappointments may occur but they are actually there to help you move into your new future. Each time one of these occurs, thank it for showing you your old way of thinking, your old beliefs about the world, or old limitations to what you think you are allowed to have. Then re-focus on your vision, on what you want, and be grateful to be in the process of receiving it.

You may find it helpful to check out our book: *Creating Futures that Matter Today: Leading Change through Shared Vision*. [Amazon link](#) While our book focuses on using visionary thinking to lead change in organizations, the methodology for visualizing the desired future state is completely relevant to creating your personal future.