

# Life Vision

## ***What is a Life Vision?***

This Life Vision is a written description of what your life is like when you are living life as a full expression of your true self.

This is the integration of all of the pieces that you did in the Life Alignment Journal, into one flowing written piece.

## ***The Value of Doing a Life Vision***

Having a Life Vision inspires you and keeps you *motivated* throughout any changes you choose to make.

It also saves you from going down a lot of blind alleys, because you have a clear picture of what you want and what it feels like to have it. As you make decisions along the way, you check to see if they are aligned with your vision of what you want.

Finally, getting clear on your vision invokes synchronicities to work on your behalf to support you in creating what you want.

## ***How To Do It***

Here's where you get to imagine what you really want your life to be, your own unique creation, not what someone else thinks it should be. What will really excite you and make you come alive? What will motivate you to jump out of bed in the morning?

You've already looked at each area of your life and answered the question: What would I like the future to be? Now trust that you have done all the "head" work, and let this writing be a vision that flows from your heart.

At this moment, don't worry about what is, from your 'now' perspective, realistic or practical. The coaching relationship will provide an ongoing structure to deal with those issues.

It's best if you can, as much as possible, describe your *ideal life* for now. Later you can sort for good vs. best, and desirable vs. essential. We'll integrate practical considerations later.

For now, imagine....., and have fun with it! Let it be free-flowing. Go for speed, not accuracy, as you are writing.

Describe your ideal life as much as you can see right now. Write your vision in the present tense and first person (“I am.....”). Describe as much sensory detail as possible. What are you seeing, feeling, hearing, touching, or smelling?

Let this be a work in process. We’ll continue to refine it during coaching.

This is really an emergent process, rather than a planning or strategic one, at least for the first version.

Begin writing and let the details emerge about your ideal life.

Write quickly and honestly. Go for what you really want, even if you don’t have the foggiest idea about the “How” right now. It’s best to let “automatic writing” take over, without stopping or reflecting or considering, for now.

## **My Life Vision**

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## **Review Your Vision**

Now, read your Life Vision and feel how exciting it is for you.

Does it inspire you to want to create it and live it?

Where are you holding back? (Remember, don't let Reality intrude at this point. There is plenty of time for that later.)

What is essential, and what's nice to have?

Check to be sure that your Life Vision is in alignment with your Values. Your Life Vision should allow you to give expression to all of your Key Values.

Have you considered the following areas of your life in what you have written?

Home  
Family  
Primary Relationship  
Friends and Community  
Play  
Work  
Finance  
Fitness  
Learning and Creativity

Write any additions to your Life Vision to enhance it and make it more exciting and compelling.

Now write about who you are being as you live this life. Write quickly and honestly, starting with: "I am the one who....." Just let it flow