



Week Two:

Vision

EXPERIENCE LIFE

LIFETIME
FITNESS

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WEEK 2: VISION

- A vision is a picture of what you desire to create in the future. A vision is a “pre-seen” picture of your ideal self and life. It’s a “visualization” of what you’d like to experience, a picture filled with meaning and fulfillment
- A vision that is **fueled by and a direct outgrowth of your values** has immense power to motivate and guide you in the direction of your highest choices.
- A vision is a “pull” toward what you desire to create for yourself. It is not what someone else desires for you. It is not a “have to” or “should.” It is a picture that excites and inspires you and expresses your best, most true self.
- A vision is a picture of *what* you’d like to see happen. A vision does not necessarily specify *how* it is going to happen. Visions can be dreamy or pictorial, but the more specific and full of sensuous detail you can make them, the easier they will be to manifest in your current life.
- The practice of visioning is thought to affect our brainwaves in positive ways, and to prepare certain areas of our brain (such as our reticular activating system) to filter, “notice” and process information differently.
- You may find it helpful to create a physical drawing, collage or other pictorial representation of your vision, or to describe it in writing in detail.
- Once you have a vision, you can create goals and actions that will help you attain your vision. You can create a vision for a moment, a day, a decade or for an entire life.
- Many people find it helpful to create a vision for the next 1–3 years, and then identify goals and action steps that will move them in that direction.
- A vision can include all areas of your life: your health and fitness, your finances, your job, your relationships, your living or work space — virtually anything that’s important to you.
- When you work toward goals *without* a vision, it’s easy to lose track of the big picture, to veer off course, or to lose your sense of purpose. Under these circumstances, life can seem to “happen to you.”
- Having a vision that’s informed by your values gives you a place to check in and see if you are currently moving in the right direction — and an opportunity to get excited about what’s next! It prepares you, at a deep level, to actually have and enjoy the experiences you currently desire.

THE LANDSCAPE OF PERSONAL CHANGE



A vision is a “pull” toward what you desire ... It is fueled by your values and accomplished via the path of goals, conscious choices and action planning.

EXERCISE: “IDEAL DAY” VISUALIZATION

Sit in a quiet space where you will be undisturbed. Allow at least an hour to complete the following visualization exercise.

You can read all the questions first, move into your visioning session, and then come back to answer questions and capture what you’ve seen. Or you can take one small section at a time, spend a few moments visualizing based on a group of questions, then jot down some notes at more frequent intervals. Do whatever works for you.

Either way, attempt to see and describe your experience in *as much sensuous detail as possible* (sounds, sights, flavors, feelings, etc.). Allow your vision-self to be different from your “real” self in whatever ways you like, and allow yourself room to experience things far outside your normal daily experience, if you like.

You don’t have to answer all the questions — just focus on those that seem significant to you. Capture as many of vivid details as you can as you move through each group of questions. (Before beginning each vision session, center yourself by closing your eyes and take three deep breaths.)

1) Imagine it is some point in the future (perhaps a year or more), and you are living your ideal day . . .

How does your ideal day start? Where are you? What is the space like? What are you doing? What is different about how you begin your days?

2) You are now moving into your day’s activities . . .

Where are you going? What are you doing? How do you feel?

3a) If you are working . . .

Describe your work environment. How does your work space look? What kind of work are you doing? Are you passionate about your work? Why?

What skills, strengths and talents are you using? What do you spend most of your time on? What are you learning?

Who are you working with? What kind of relationships do you have with your co-workers? What has changed or gotten better?

What is energizing and fulfilling about your work day? How is it different from your current reality?

EXERCISE: AN IDEAL DAY (CONT.)

3b) If you are not working . . .

Describe how you are spending your days. Where are you? What are the components of your day? What gifts and talents are you using?

What experiences are you having? Who are you encountering? What are you learning or exploring? What makes you feel good about yourself and your life?

4) As you end your day, describe your routine . . .

How do you wind down? How do you transition from your day activities into the end-of-day routine? Who are you with? What is pleasant and important about the end of your day?

Where do you spend time at the end of your day? What routines or practices have you implemented to ensure this part of your day goes smoothly? What is different about how you end your day compared to your current reality?

5) Before you retire for the day, you look back on the day with gratitude and appreciation . . .

What is it that you are particularly grateful for? What is filling your life with satisfaction, joy and ease? Who are the people that are making a positive impact on your life? How are you positively impacting others lives? How has the quality of your life improved?

Name some of the values that are apparent or implicit in the vision you just completed. Take note of how they play a role in creating your satisfaction and inspiration.

Are there any values you *don't* see built into your vision, or represented in some way? Are there ways you can imagine building them in?

EXERCISE: VISION BOARD

1. Gather the materials you will need to create a Vision Board (essentially, a collage of images and pictures that represent your vision for your life, or an area of your life). You'll want:
 - A piece of poster board, cardboard or mounting board
 - Scissors
 - Glue stick or other adhesive
 - Magazines or other sources of words and pictures
 - Markers, pens (and other art supplies, if you like)
2. Create a space to work on your Vision Board. You'll need room to spread out and get creative — and maybe a little messy.
3. Review the images from your visualizations and what you have written about your Ideal Day. Jot down or highlight the words or phrases that are particularly meaningful and important to you.
4. From the magazines, begin to cut out pictures and words that capture the essence of your vision. These might be direct representations of the things you desire (a healthy lifestyle, for example) or they might be pictures that capture the mood or essence of your ideal life. Include phrases, images and symbols that having meaning to you. Don't think too much and don't filter too much! Cut out whatever speaks to or inspires you.
5. Now arrange your pictures on your Vision Board. There doesn't need to be any order or sequence; just arrange as you are inspired to arrange. Once you're happy with the general composition, begin to glue the pictures onto your Vision Board. You may want to include a copy of your Ideal Day description or a list of your Top 5 Values somewhere in the mix. Continue adding to your Vision Board, drawing, writing and filling in empty spaces until you feel complete.
6. Once you've completed your Vision Board, take time to look at it and let it soak in. Look at each picture, and observe the meanings you have assigned to the images. Remember: At this point, it isn't about "how" your vision will unfold, it's about capturing a "what" that you find inspiring and empowering enough that you get excited about the idea of living it for real!
7. Find a space to put your Vision Board where you can look at it often. During the next few weeks, make a point of looking at it daily.

JOURNAL ASSIGNMENT: VISION INQUIRY

Keeping in mind both your in-class visioning exercise and your vision-board collage assignment, consider the following questions:

1. What are the most striking specific words or images for you?
2. What qualities or characteristics stands out overall?
3. What areas of your life seem to be asking for attention?
4. What already-identified personal values do you see represented? Are there additional values represented or implied?
5. Is there anything about your vision that surprises you, or that you were drawn to for reasons you don't understand?
6. Is there anything in your vision you felt obligated to include, but that doesn't really seem to belong?
7. What appealed to you about the visioning exercises? What part of you resisted doing them?

Make some notes in your journal about your discoveries and insights, including the area you feel most called to work on now, and any areas in which you might like to do additional visioning work. Consider additional objectives, areas of your life wheel, or specific goal outcomes.

List your current area for focus here: _____

Make a list below of five potential areas for future visioning:

1. _____
2. _____
3. _____
4. _____
5. _____

DAILY CHECK-INS: WEEK 2

Each day of this week, set aside 5 to 15 minutes to check in with your Whole-Life Coaching process. Use the time to review your work to date (your values, vision, etc.), to read any support materials and to re-focus your intent. Employ the check-off list below to schedule and then track your daily check-in activity.

Tip: Consider scheduling your daily check-ins for first thing in the morning. Transfer your daily check-in commitments to your calendar or planner now.

| Day | Scheduled? | Done? |
|-----------|--------------------------|--------------------------|
| Monday | <input type="checkbox"/> | <input type="checkbox"/> |
| Tuesday | <input type="checkbox"/> | <input type="checkbox"/> |
| Wednesday | <input type="checkbox"/> | <input type="checkbox"/> |
| Thursday | <input type="checkbox"/> | <input type="checkbox"/> |
| Friday | <input type="checkbox"/> | <input type="checkbox"/> |
| Saturday | <input type="checkbox"/> | <input type="checkbox"/> |
| Sunday | <input type="checkbox"/> | <input type="checkbox"/> |

WEEKLY SELF-COACHING SESSION: WEEK 2

Select one day this week for a 45- to 60-minute self-coaching session.

Use the time to complete your Whole-Life Coaching assignments (vision board, journaling, etc.) and to complete the review areas below (use additional sheets if necessary).

*Tip: Consider scheduling your weekly check-ins on weekends, or on evenings a day or two before your Whole-Life Coaching group meets. You can split your self-coaching sessions into two 30-minute sessions, if you prefer. You may also elect to spend more time on a daily or weekly basis — but strive to underpromise and over-deliver on your commitments. **And pay attention to what gets in the way!***

Note your weekly self-coaching commitment below, then block out the allocated time(s) in your calendar or planner.

This Week's Self-Coaching Session (s): _____ **Done?**

Action steps taken this week:

Successes:

Obstacles:

What I am learning about myself:

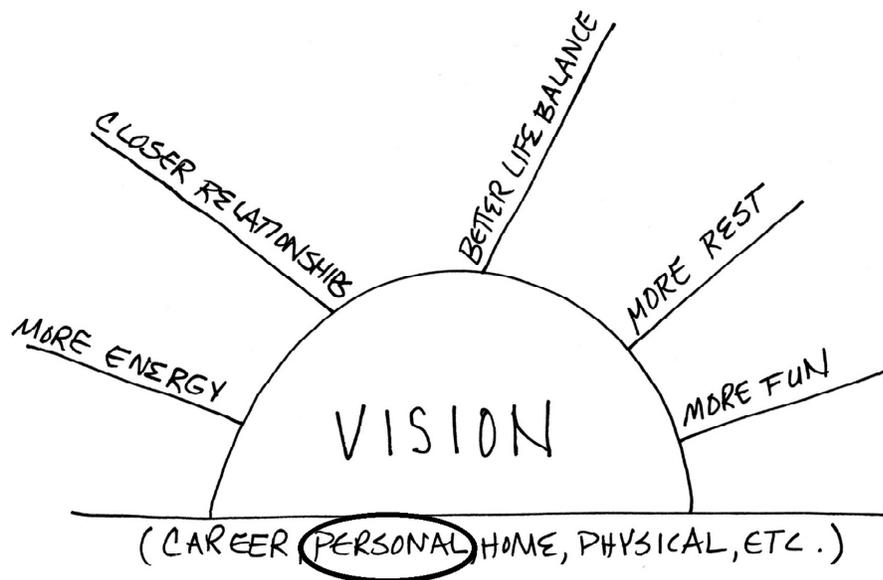
What will I do differently next week:

APPENDIX: RAYS OF VISION

A vision may incorporate all areas of your life, or it may be focused primarily on one specific area (your health and fitness, your home, career, finances, etc.)

A vision is generally composed of a collection of desired outcomes or objectives. You might think of these as “rays” of your vision. For example, your career vision may include a better physical environment, better working relationships, more rewards, more or less creativity, responsibility, flexibility, and so on.

Represented below are some component objectives of a sample “personal life” vision. The rays represent component parts that contribute to the bigger desired vision of an improved personal life.



Each life vision can have many areas. Each vision area can have several objectives. And each objective can give rise to one or more goals by which that objective will be accomplished.

We'll cover goals and action planning in Week 3. But for now, stay focused on clarifying and exploring your vision. Pay attention to what you desire, and to the areas of your "ideal day" visualization that energized you most.

Define and document as much of your life vision as you like, but initially, be prepared to focus primarily on just one major area, and to put most of your energy into one major "ray" or objective. You'll then be able to apply the same skills to additional objectives down the road. Express your objectives in your own words.