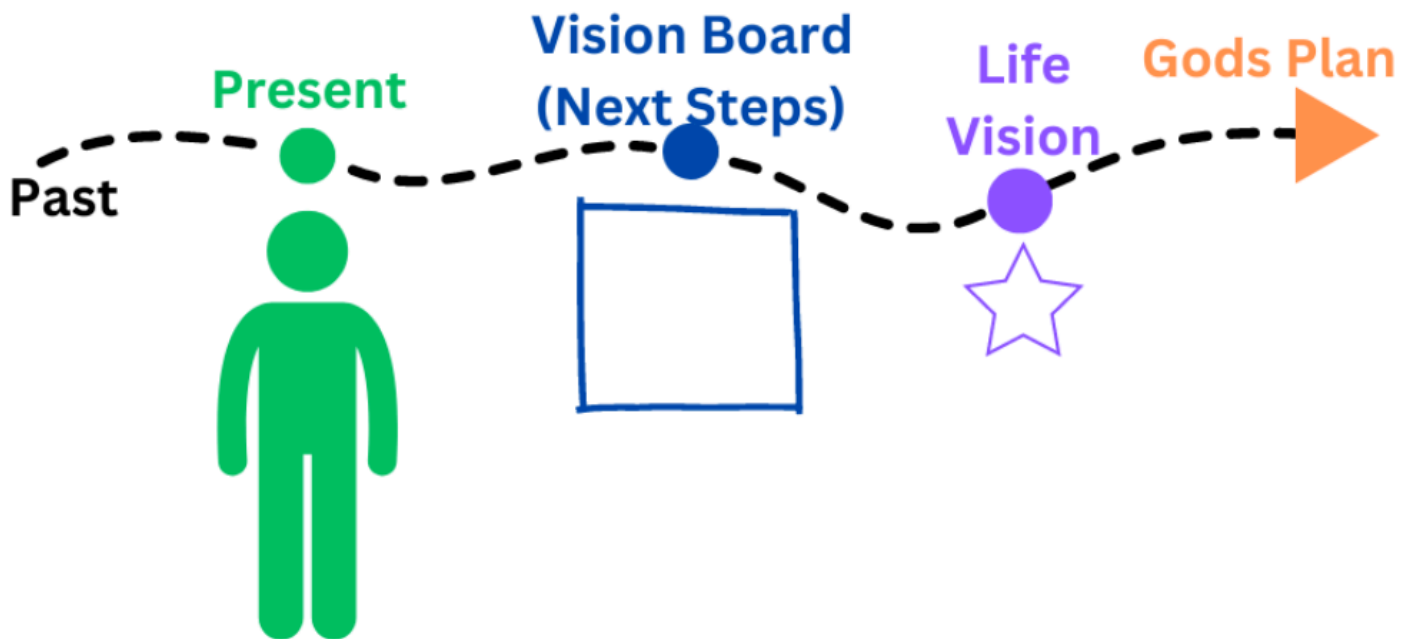


Creating Your Vision

How to create a holistic vision so that you can begin to intentionally take action.



Introduction

“Where There Is No Vision The People Perish” (Proverbs 29:18) Your vision will help you define your desires and needs and bring them into your life. Most people know what they want in life, but they still need the tools to make those dreams happen. When you don't have dreams written down they just stay dreams. Although when you have your dreams on paper it makes it so, you know exactly what you want and how you are going to accomplish it...that is what we call a vision, something you can truly see. This all comes down to a choice. Are you going to keep on dreaming, or will you choose to create a vision and begin to take action? I want you to remember that fulfilling your goals will help you which will also help everyone you come in contact with in this world from your family to strangers.

Step 1: Past

There is tragedy & beauty in all of our lives. Each one of you reading this has a different story and that is BEAUTIFUL!

So I want to ask you: Does the beauty in your past serve you or not?

The other question I want to ask you is : Does the tragedy in your past serve you or not?

It's all a choice now whether you accept that or not is your choice. You can either be a victor of your circumstances or a victim. Remember the same hot water that turns a potato soft turns an egg hard. I choose to be an egg every time. What's your choice?

In this section, I invite you to follow this practice...

1. Find a 5+ minute instrumental meditation of your choice. YouTube is great for this. I highly suggest ear phones although it works without ear phones also.
2. Find a comfortable position that will have no distractions in a chair, on a couch, lying down, or sitting up. There is no right answer here, just what is most comfortable for you.
3. Now before you go into your meditation here is a general breakdown (don't stress to get it exactly right)
 - a. For the first minute, I invite you to simply breathe and think of all the things you are grateful for...

- b. For the next 3 minutes, I want you to visualize pulling all the good from your past and see all the past things beauty and tragedy turn to gold and flow into your present life to SERVE you.
 - i. If you see something that isn't gold, visualize it as coal, hold it in your hands and see YOUR power turn it into gold from there, put your hands over your heart and see it flow into your life and SERVE you.
- c. For the last minute thank yourself for doing this. See yourself for who you really are. And state before you open your eyes "I am _(First Name, Last Name)_ and I can do anything I visualize and set my mind to"

Step 2: Present

In this section, I invite you to put on some meditation music as well and keep in your headphones to eliminate any distractions if you have them. As you go through this I invite you to intentionally write below each section giving yourself permission to genuinely FEEL the emotions.

Where are you now?

What pain are you experiencing now in your identity, spirit, mind, body & all areas of life?

What beauty are you experiencing now in your identity, spirit, mind, body & all areas of life?

What would life be like if you held onto your pain and limitations forever?

What would life be like if you kept your beauty and transformed your pain into beauty, what would life look like now?

Step 3: God's Plan

We MUST believe in something bigger than ourselves to increase our chances of becoming our best selves and accomplishing our best lives in other words our destiny.

So whether that is God, Jesus, Buddha, the Universe, Source, Energy, an Animal, Mountains, or something of your choice.

Again we simply need to believe and look to something bigger than ourselves.

Now I want you to see yourself in God's eyes or the eyes of who you look to...

In God's words write about yourself below...I invite you to have 0 limitations going into this practice and the rest of this workshop.

Who are you & who will you become?

What have you achieved and what will you achieve?

Step 4: Life Vision

There is no plan B,C or D unless you want to increase your chances of giving up on plan A. There can only be plan A for you to be fully bought into your true plan for you to live a beautiful life the way you truly desire. There are 2 options when it comes to pain and your plan...pain of regret or pain of growth. When we follow plan A we will experience immediate pain of growth but beauty and pleasure to follow, when we follow plan b,c or d we experience immediate pleasure which is why we gave up on plan A although pain of regret comes later whether that is a minute after or even 10+ years after.

When you commit yourself to plan A your life will transform. God knows the full plan and the 1 other person that has a sense of what is right for you is YOU so create a plan that you feel is YOUR calling!

When creating your vision board it's CRUCIAL you see your vision for life first that way you can be sure your vision board is in alignment with what you truly want/need to achieve in life!

In this section, I invite you to follow this practice...

As you go through this it is NOT a time to be reasonable remove all limitations. External people around you will tell you what to be and do, what you are or are not capable of... these are their OWN beliefs. You don't need to carry those beliefs with you through life, shine your own light, and don't let people tell you who to be or what to do nor what you can or cannot do. UNLESS it serves you, sometimes your mom or dad or someone else even a stranger will offer a good perspective... simply carry what SERVES you and let go of what DOES NOT SERVE you,

As you go through this ask yourself "What do I want to accomplish in these areas below?" Write out everything that you would like to accomplish. At this time there's no reason to be measurable or timetable but it is important to be specific. Where you will want to be timeable and measurable will be with your goals (Vision Board) which we will go over next section. I would encourage all of you to review this minimally every 6 months to update and make changes. I keep my Life Vision on a Google doc to consistently review. Take as long as needed in each section.

Identity:

Spirit:

Mind:

Body:

Relationships:

Impact:

Financials:

Career / Business:

Life Style:

Material Items:

Resume:

Skills / Knowledge:

Step 5: Vision Board

Now it's time to pick 2-6 things you want to focus on to create your life vision! When you pick these it is crucial to be specific with what you want to accomplish and it must be measurable, timetable and it must have a purpose! You can look at the next 2-6 things as your next best steps as if God's Plan was at the top of the staircase, your life vision to follow what are your "next best steps" to take to get you closer to your life vision.

Write out the things you want on your vision board here:

Creating Your Vision Board:

*We will provide you the ability to create your vision board by drawing, coloring & writing down your goals today although this is temporary we encourage you to build a physical vision board sooner than later. If you are building a physical vision board today, fantastic.

*Reference an example vision board on the next page and build yours as you go through this practice.

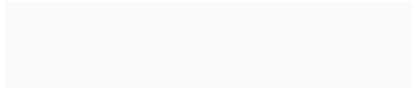
1. If you are making the physical vision board today follow this step if not go to step 2 and come back when you are ready to make your physical board.
 - Mark a large frame on the wall, when you have a frame it allows you to increase focus.
 - When starting you don't need to have something fancy, start with some painter's tape or a board you can replace it later with a permanent corkboard or something you like if you want to upgrade.
 - Place your Vision Board where you can look at it often.
2. Get exact pictures of what it is you want to accomplish whether that is printing them from online, finding pictures in a magazine or taking your own pictures. Today to get started if you don't have the above as an option we will draw them / color them (Flip 2 pages and you will see your vision board you are creating within today). If you can't find a picture or image, written words alone also work.
 - Placement does matter – Top left most important, start with what brings you the most joy; and bottom right less important or what brings you less joy
 - Move pictures around until it feels right to you
3. After finding or drawing your pictures, write below the picture...
 - I am creating_(GOAL)_by_(WHAT ARE YOU DOING TO CREATE YOUR GOAL TO BE REALITY)_
 - This is where you state EXACTLY IN DETAIL what you will achieve as the result of your main goal and how you are going to do it. Be specific, make sure it's measurable & time-based.
 - My purpose for creating_(GOAL)_is_(PURPOSE)_
 - What is your reason for this goal? Make it so inspiring you will do anything to achieve it. And yes you can be selfish.

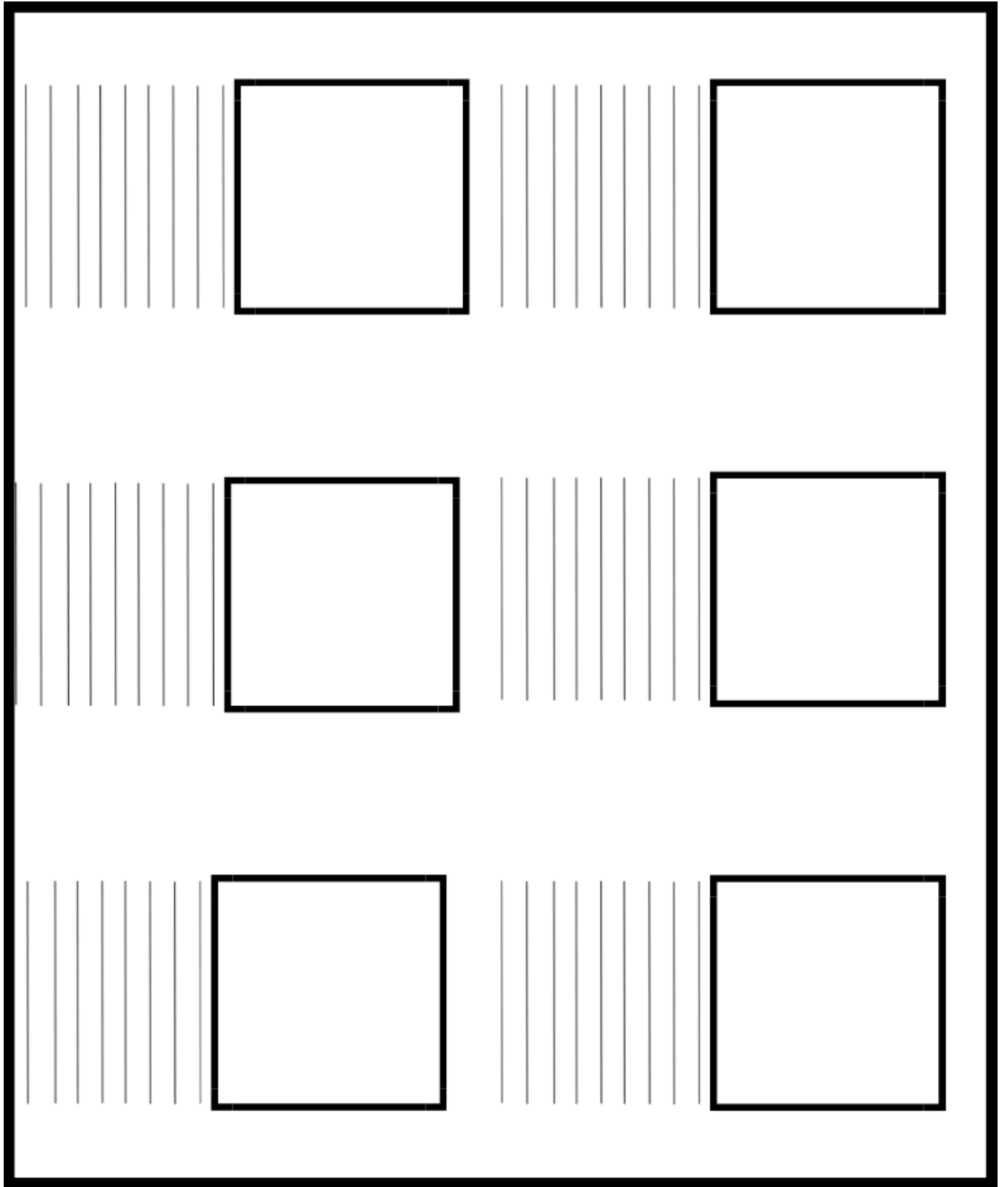
Example:



I am creating a family trip to Florida by January 2024 by savings up \$500 a month by working a part-time job on Mondays.

My purpose for creating a family trip to Florida is so that my kids can experience Disney and so I can see their smiles.

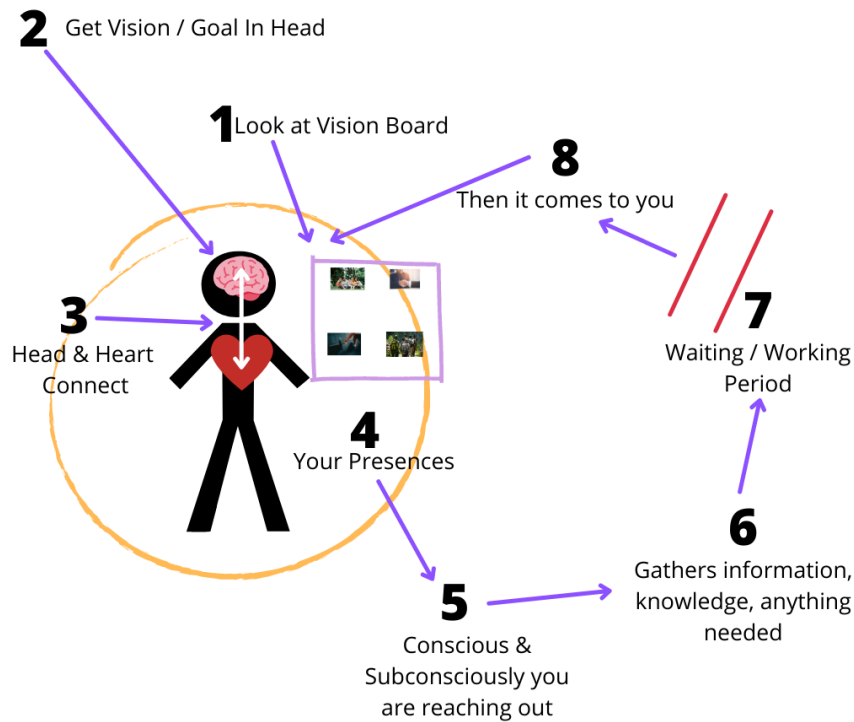




Action:

- Review Vision Board 2x + a day for 3+ minutes each session.
- Can start out 2 times a day which should include right when you wake up & when you go to sleep.
- Move slowly from item to item.
- Look at the picture then read your descriptions & purpose.
- Internalize then evoke emotion through imagining yourself holding, smelling, feeling, and hearing all parts and experiences of the goals.
- Create a movie...before, during & after to create a moving picture. This allows you to truly experience your goals.
- Think about what you will do with it, how you will use it, and how thankful you are that you can have it, then focus your thoughts on the details of the goal.

How a Vision Board Works:



Side Notes:

- When you have a higher vibration, you can have higher results
- When you connect brain and heart anything can happen
- You can add music (I Personally LOVE this)
- Raise your education about each post, get smart
- Review Vision Board at least every month to see if changes need to be made
- Simplify descriptions as necessary monthly, at first they can be long and more detailed.

How to FAIL with Vision Boards

- Awareness
 - Not truly understanding what you want & who you want to be
- Identity
 - Not truly understand who your authentic self is
- Vision
 - Create your vision based on other people's perspectives of you
 - Put too many big goals all at once on your board
- Mindset
 - Don't manage your thoughts/emotions
 - Think you don't have to change
 - Think that someone else must create this for you
- Purpose
 - You don't have a purpose for your vision
- Action
 - Rarely look at Vision Board
 - Don't tell people what you are doing
 - Hide your vision from other smart people
 - Delay acting on your vision/goals
- Impact
 - Not recognize that when you achieve your vision/goals you make an impact on your friend, family & the world

If you want to succeed do the EXACT opposite of this and you will have small wins which lead to BIG wins in life!

Braiden Belnap