

## **Visioning for the future of your dreams**

*Visioning is about creating dreams so don't worry about how you'll do it, or whether it's possible. Now is the time for you to think big! Close your eyes and imagine a perfect future. Keep your mind open and curious, allow your passions to surface and that expectations can be exceeded. Try answering these questions to help you develop your vision.*

### **Step 1 - Identify your core vision**

- What are your hopes and dreams?
- How would you like to be remembered?
- What difference do you want to make?

### **Step 2 - Clarify and expand the picture**

- What is important about your vision?
- What colour is your vision?
- How would the 6-year-old you describe your vision?
- What metaphor describes your vision?
- What words describe your vision?
- How do you feel in your vision?
- What are you doing differently?
- If you put your vision to music what would it be?
- What musical track would you choose for your life story?
- What outrageous elements can you add?
- What talents and gifts are you bringing to the fore?
- What if there were no limits - money was abundant, time was infinite, help and support were readily available?

So, what is stopping you? Clear that block and enjoy the life of your dreams? It is only you who censors the life you truly desire.