

Actualizing Your Vision & Goals

As a warm up, read Napoleon Hill's Think & Grow Rich. It's the basis for what follows: Writing and actualizing your vision statement. Shakti Gawain's book on Guided Visualizations suggests that we develop an internal picture of what we want, in detail. In his book, Paradigms, Joel Barker said "Vision without action is just a dream. Action without vision just passes the time. Vision and action together can change the world."



What is it?

The word VISION means seeing or sight, in the form of internal pictures or visualizations of what you want. (Examples: "I want to finish my MS degree"; "I want to build my own home, state-of-the-art, off grid, comfortable and enticing to others." My first quarter earnings are \$4,300." "I am debt free, all mortgages, loans and credit cards are 0000-zeroed-0000 out." "I am married to the man/woman of my dreams."

- Get a picture or internal vision of what you want. You can also colleague the vision or draw the vision. Make sure you start with the internal picturing of your goal in your mind's eye.
- Your mind naturally enjoys likes benefits – images, pictures and feelings - the more detail the better.
- Who, where and when must be addressed in your vision statement or goals.

Details & Date specific:

Your vision/goals need to be date specific. (Special dates such as birthdays, anniversaries, end of week, month are effective).

Imprinting the Subconscious:

Will power (conscious mind) and discipline, daily repetition for 120 days imprints the mind and sets up a 'can do' framework. Chemicals are actually released. Daily attention (obsession and using the sub-conscious mind) carries you into action and success. At the 3 month (120 days) mark, the initial "programming" produces the strategy, 'the how to', the methods. "ACT ON IT without question. If not, the subconscious gives up because you lack commitment."

What to do:

Beginning with “I”, write two or three specific, detailed, exciting and passionate statements (as if your vision is already realized). In other words, use present tense. Limit yourself to three powerful sentences.

Sign and date your commitment. Have someone witness it. Make copies.

Daily process – Reading and recording:

Read the goals or visions and the commitment statements (which follow, based on Hill) twice each day for minimum of 10 minutes each time. Do this in a private and comfortable location. Be relaxed! Turn off your cell and computer. Reduce distractions. Read the goals, visions several times while simultaneously visualizing them. Focus on the end, the actualized picture.

Synchronicity appears:

Now pay attention at all the events, signals, synchronicity, and actualizations, ways in which your vision and goals are manifesting. Write down the results. “\$1,000 earned within 3 days.” “Aced my exam.” “Our fabulous fifth date.” Have a daily record. Make a list on the left part of the page and observations and conclusions on the right. Measure and record results, nor matter how small. What is measured is real.

Sample Commitment Statement

I derive the power to accomplish this objective by making this written goal my dominant thought. I will read this statement a minimum of twice daily until my goal is realized.

As I read it, I will visualize in sensory-rich detail both the performance of the goal and actual experiencing of the benefits as though they were happening to me now.

I will begin now to act upon my goal. I will seek for all the information and knowledge possible relating to this objective and continually focus upon the desired results. I am at all times awaiting the plans and will act upon them immediately when received.

I acknowledge all the symbols, synchronicities, examples of my goals and vision manifesting.

Signature

Date