PERSONAL GROWTH | VISION

A Vision

Visions are dreams with legs – they go somewhere!

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Have you ever noticed how we often learn the most when we are not expecting it or from someone we least expected to learn from? One time on a plane, I met a man with a walking stick, tapping his way to find his seat which happened to be to the right of my own. Because I am intrigued by people, I started a conversation with him. He told me stories of his life and his travels, and then I asked him at what point in his life did he lose his vision? He answered, "Never. I'm blind, but I still have my vision."

> ***The beauty and danger of today's society is that you need to keep moving in your own direction, or someone else will move you in theirs.***

If you don't know what you want, it is easy to find someone who will tell you what they want you to do. If that suits you, this article is not for you. If you want something else out of your life, keep reading.

> ***Life is a series of small decisions.***

Each seems insignificant alone, yet together they make sense. Everything we do has some purpose, and taking charge of your life means having your own purpose and making your own vision, not letting others set them

for you. All successful people have visions. Visions are dreams with legs- they go somewhere!

The *first step* in writing your vision is to decide where you are going. Decide what you do want, not what you don't want. *Step two* is that your vision must be within your full control and not by any other means. If your vision involves you wanting your kids to be happy all year, this is not about you. The *third step* for writing your vision is making it emotionally charged. You need to feel your vision through all your senses- touch it, taste it, see it, hear it, smell it.

> ***Be emotionally jazzed about your vision, and you will begin to see better results.***

Most importantly, your outcome must be stated in the positive- not the positive sense that makes you feel good, but positive in the meaning that you are moving toward something. For instance, if I ask you what you'd like most of out 2007, and you answer "I don't want to be depressed"- this is not positive. Then I ask, "Once you are not depressed, what do you really want to do?" Most people focus on what they do not want to do, rather than what they do want to do. They move away instead of towards.

The opposite of writing your vision is problem-thinking. This focuses on everything that may not work. Vision-writing shifts the negative thoughts to positive ones. Remember to always move forward. You direct where you want to go. Bondurant Racing School gives the average person the feeling of being a professional race car driver. One of the first lessons their manual teaches you is when you spin out, do not hit the gas, do not hit the brake, just direct where you want to go. Most people make the challenge of not directing- remember the car follows you. Everyone has heard the stories of someone wrapping their car around a tree or telephone pole. Even though there are only poles or trees every couple feet and there are tons of spaces, they always manage to hit that one pole, that one tree.

You can not have vision without direction.

When you begin to construct your vision, it must be worthwhile. It must express your values, otherwise why do it at all? Here are some helpful tips to get you in the right direction:

-Make the vision specific. The more specific you are about your vision, the more defined your objectives will be. How will you know when your vision is becoming reality if it is too abstract? Remember not to be a perfectionist. Perfectionists are too specific and settle for nothing less.

-Decide how you will get evidence and feedback for achievement. Set mini goals to reach as you see out your vision so that you will know you are one the right track.

-Marshall your resources. Objects, people, time, role models, and personal qualities can all be great assets in the process of seeing your vision to reality. Even a small resource in just the right place can make difference. L. Frank Baum wrote a story of a girl with ruby slippers, who discovered there was no place like home. It is rumored that he came up with the name Oz, of Wizard of Oz, by looking at his filing cabinet categories of A-N, and O-Z. The name Oz was then born. Ideas can come from anywhere, at any time and any place. Look at the things you do, people you talk to, things you see everyday and find ideas and inspiration to put your vision into action.

-Be proactive, but pay attention to the wider consequences. You must feel the cause of your life, not the effect. Take ownership for your vision- it's unique to you and only you.

In order for a vision to be complete, it must capsulate all parts of you. Everyone has different roles in life- wife, husband, girlfriend, boyfriend, sister, brother, aunt, uncle, business owner, employee. If your vision is only focused on one area, you will be unbalanced.

When writing your vision, you need to include all the aspects you desire out of your life.

You may have a long term vision and short term goals that you make progress on each and every day. We all need a compelling vision for our lives; one so powerful that we are driven to do whatever it takes to achieve it. This far reaching vision for our lives gives us a sense of fulfillment and happiness and helps us remember our pursuit of something greater than the current moment, one that may have disappointments or obstacles that are difficult to deal with at the moment.

So how do you create this ultimate vision? Simply put, you develop a plan for your life by asking and answering some specific questions to decide what you want from your life, what your life is about and who you are committed to becoming in the process.

Take the image of your ultimate vision and make it brighter, closer, bigger. Step into it and feel like you're that person right now. The more vividly you can feel, think about, or imagine it, the more real it becomes. You'll be pulled to it like a magnet.

In the end, what makes us truly fulfilled and joyous is not so much what we have achieved in our lives, but who we have become in the process. What creates lasting fulfillment is the knowledge that each day we can grow and expand as people, with a capacity for love and caring that affects others in a positive way.

Your biggest competitor is your own view of the future.

You have a vision; maybe you have more than one. Think about one and try to think, have you done anything to truly see it come alive? If not, what's holding you back? What is something you can do everyday to make it easier for you vision to become real? When you make the decision to go to the grocery store, there is no doubt in your mind that it

will become a reality. You go to the store, you buy your groceries, and you come home. *This simple task is a vision*. Bigger visions cause anxiety just because they seem too large to handle.

What is your vision? Why is it so important to you? Vision is an emotional subject, without emotion, a vision is nothing. Have you ever had a job to do where you really didn't care about the outcome or read a book and you didn't care about the ending? Did you do that job wholeheartedly? Did you finish that book at all? Probably not.

> ***Your vision needs to be something you really want, something really important in order for you to take action.***

The vision and decision need action, which then lead to belief and faith. Just remember: anytime you make a decision, you will be met with adversity. Don't let this discourage you from making progress. Adversity is the universe's way of testing you.

Over a decade ago **Michael Bernoff** embarked on a journey to discover his greatest talents and his life's purpose. He is dedicated to being a life-long student and teacher of communication and rapid personal transformation.

Michael is a powerful, seasoned public speaker who captivates audiences with his dynamic presentation style. His well orchestrated programs will energize, educate, and entertain. You will leave his presentation not only motivated but in possession of unique tools, strategies, and techniques enabling you to take action now, enhancing your life immediately!

As a master practitioner of Human Interactive Technology, Mike works with a wide variety of clients who are seeking the momentum necessary to move forward in their lives. He works directly with business people, as well as corporate executives who desire to transform their corporate culture in an ever changing market place. Michael is experienced in working with an entire organization as well as acting as a personal mentor on a one-on-one basis. He also specializes in assisting individuals recovering from trauma, self limiting fears, phobias, or depression.

Michael's experience and background include an outstanding track record as a top performer in direct sales, a powerful and effective sales trainer, and recruiter. Michael's deep passion is to share his powerful and effective communication and transformation strategies with others, allowing them to live their lives to their fullest potential.