

## Personal Visions

*What is a personal vision and how do I find it?*

- Your personal vision is an idealised image of you, your surroundings and circumstances set in the future. It's bigger than the current reality, based on what is possible.
- It's important to write down the vision and to write it in the present tense. It's as if you are writing to yourself from a moment in an ideal but achievable, future life.
- Put as much detail in the vision as you like, after all life is made up of the "small stuff" as well as the "big stuff".
- Set the vision in a specific date, one year is probably too short, visions of ten years hence may not feel sufficiently near, typically visions will be between two and five years out.
- If you can share your vision with someone by reading it to them that is ideal, if not read it aloud to yourself.
- A vision comes to you; you don't find it by working on it. If it doesn't come, don't worry, it will when it is ready! However there are some questions that might prompt its appearance so that you can get it out on paper (see questions from *The Path* by Laurie Beth Jones).
- You may never achieve your vision, but even if you do not it will move you to a lighter, better place and may lead to some interesting and rewarding journeys!
- Your vision should be uplifting, preparing you for a bigger game...and it should be enjoyable.

*The value of having a clearly articulated personal vision*

- You may start to notice that your vision starts to become real. By creating a vision you set up a tension between the "as is" and your vision. Consciously or unconsciously you may discern opportunities or enablers that will start to fill that gap.
- When you have an articulated vision and you have decisions you can test the options against that vision and ask, "does this move me towards or away from where I want to be?"
- It can cause you to shift your perspective on your current life with positive results.

- Carrying around a positive image of your vision can be highly motivating and help you complete harder or less exciting tasks to get to the “Promised Land”.

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