



Getting Started

Welcome to Ideal LifeVision Certification

Whether you're a seasoned life coach looking for a new tool to add to your coaching toolbox or embarking on a new career path to help others succeed, Ideal LifeVision is the proven system essential in helping thousands of people reach their highest goals and aspirations. Adding Ideal LifeVision to your qualifications is a valuable asset to your business assisting you in making more money and helping more people all while living your own Ideal Life!

This comprehensive Ideal LifeVision Certification Manual is designed to teach the basics of coaching as well as the essential details and strategies of what makes Ideal LifeVision unique as an effective tool in creating personal and business success. Additional resources and information are provided to support you in your coaching business from tele-workshops, live events, marketing and coaching packages.

Your commitment and dedicated efforts are required as you progress through this Ideal LifeVision Certification Manual. This training is a proven system for growth and progress for those who make no excuses and take deliberate action in creating success in both their personal and business lives. Active and consistent participation is critical in becoming certified with Ideal LifeVision. You're ready to start making a difference in people's lives and help them to start living their most Ideal life..... so lets get started!

Ideal LifeVision Certification Requirement Checklist

- Full attendance in the Ideal LifeVision Certification Tele-Class Course
- Complete all assignments
- Coach a client either paid or unpaid through their own Ideal LifeVision
- Critique 10 individual LifeVision Key Areas of Life
- Observe a trainer teaching either a group coaching Tele-Class or a LIVE Workshop
- Critique 3 complete LifeVision's
- Attend an Open Mentoring Session
- Facilitate an Open Mentoring Session
- Coach 2 - 1 hour tele-call coaching sessions (Client will be supplied) The first session an Ideal LifeVision trainer will participate live on the tele-call, the second session will be recorded and later reviewed by a trainer.
- Design a business plan complete with packages and marketing

Ideal LifeVision Certified Coach Resource Webpage

This webpage is designed exclusively for Ideal LifeVision Certified coaches, everything you need to keep your Ideal LifeVision coaching business running at its optimal peak is located on the Ideal LifeVision Certified Coach webpage. Webpage: <http://ilvcommunity.com/certified-coach-dashboard/>

Free monthly tele-calls for coaches provided as a resource to any Ideal LifeVision coach purchasing at least one Ideal LifeVision program per month for their clients. This valuable monthly one hour tele-call includes Ideal LifeVision updates and news, marketing and business building tips, success stories, Q & A and more.

Step-by-step instructions to register your clients and payment information for the Ideal LifeVision licensing fee required for each client. Any exception must be approved by Ideal LifeVision prior to coaching.

Purchase coaching materials such as the Ideal LifeVision Online program, the Vision Guider recording system, music and optional hardbound Ideal LifeVision manuals for your clients.

Browse through hundreds of Ideal LifeVision samples.

Links to social media groups connected with Ideal LifeVision, such as the Facebook page Circle of Visionaries. Here coaches and clients are invited to participate in sharing exciting successes and experiences, ask questions, get helpful hints and gain inspiration.

Schedule an appointment with a Certified LifeVision Expert Trainer or coach.

Helpful information and resources to create a business website, merchant accounts, sales pages or list building programs.

Ideal LifeVision Certified Coach logo to use upon completion of certification on your website, marketing material, your email signature etc.

Ideal LifeVision Coaching 101

Mindset and Authentic Coaching Is the Key

Your perception of coaching and your own mindset create the tone for your coaching practice. “Who you are in your life is who you are in your business.” This concept is simple, yet critical to understand.

If you were to look in the mirror and take an inventory of WHO and WHAT you are, understand this is what your potential clients see as well. If what you see is someone who is unsure of themselves or afraid of success, that is what your client sees as well. Your mindset is critical to your success! One of the most important things you can create for your business is to have a mindset that radiates confidence, excitement, joy and passion.

As you embark on this journey, know that your work with your clients creates value not only for them, but for you as well. You will find that being a coach requires a healthy mindset as you continuously learn, grow and develop in becoming your best self.

The most effective coaching can only come from being your own authentic self with your own authentic personal style. Don't try to mimic someone else's personality or coaching style, own your strengths, skills, life experience and intuitive sense. You most likely will have expertise in one or more of the five key areas of life based on your own life experience, many of your clients will find that beneficial in their coaching with you and in creating their own LifeVision. You don't have to be an “expert” in all areas of life to be a masterful coach.

When you coach from your authenticity, your clients gain the guidance and coaching they need and in return you will feel energized and fulfilled in your coaching sessions from the very core of who you are. You are truly valuable just as you are in this moment. There are those who need what only you can offer them. So the bottom line is this: to share what you have experienced and learned in your own life through coaching and in supporting others is one of the most rewarding opportunities you will

experience, the best way to be a profitable and masterful coach comes down to You being You!

Coaching is an Art Not a Science

Experience plays a big part in becoming a great coach, but it's not just time and experience that produces a great coach. There is NO one right way to coach. Mastery in coaching comes by learning to read the flow of the session and respond without trying to control it. Notice when something is working with your client.

Coaching has been described as a painting...The medium is fluid and unpredictable. Sometimes it wants to be concentrated and sometimes thinned out. It's both broad strokes and fine details. The composition is rarely planned through brain work. More often it is designed with the senses, in the movement because it's a living process.

BEing vs DOing

When creating a LifeVision, two fundamental elements essential to success are BEING as well as DOING. It is important to create the actions necessary to accomplish a goal, this is the DOING element but any endeavor is accomplished with greater success when the focus is on who we want to BE or how we will "show up" during the process rather than what we DO.

So ask yourself "How will I BE as a LifeVision Coach?"

You may be trying to do all the right things, but if you're not being yourself you won't make an impact. Here's an example that illustrates this idea:

During a coaching call with a client, she tells you she is extremely stressed due to a big challenge in her life and that she could really use some help with it. You can hear that she is obviously upset about it and while she's describing her situation, you start thinking about the answer to her problem and start formulating what how you'll "coach" her. It takes everything you've got not to interrupt her with your "solution". But you resist. You

make that shift for “doing” to “being”. Now your focus is genuinely on the client rather than your need to solve the problem. You relax, listen and can now respond appropriately. As your client talks, you find yourself asking questions with natural curiosity. Soon your client relaxes and she can look at her problem from another perspective. No longer is she stressed but rather confident in her ability to handle it. By the end of the session, your client knows what her next step is.

Had you put the emphasis on solving your clients problem for her and telling her exactly what to do, your influence has been diminished and may even been counter productive. Not only could the session end with the client feeling frustrated, but it is likely the client would not do what the coach suggested anyway because it was not their idea, leaving your client no closer to her goal, questioning her coaching sessions with you as unproductive.

Consider the results when you shift your focus from a DOING coach to a BEING coach, instead of trying to solve your clients problems or just telling them what to write in their LifeVision too BEING with your client lets them know that you are interested in them. It is true when they say “People don’t care about what you know until they know how much you care.”

Shift your thinking if necessary with these ideas of BEING adding value and authentic credibility to your coaching practice.

Refrain from thinking about what you’re going to say next...to thoughtful listening to your client.

Trying to manipulate clients to hire you...to being authentic in your desire to help them achieve their life goals.

From feeling overwhelmed... to trusting that it’s working.

Your Thoughts and Focus

These two concepts are fundamental when coaching a client:

1. Whatever you focus on expands.
2. Your thoughts create your reality.

As a successful coach, you will need to remember this as well. If you find yourself “stuck” in building your coaching practice, stop and reflect and become aware of where your focus is. Fears, perfectionism, and doubt all surface when your focus is just on the DOING aspect of coaching.

Of course there are many things to do when building and running your coaching practice and you’ll get to each in due time. But when you refocus your attention on BEING a coach, and BEING with your client and knowing that who you are is enough, you’ll be able to shift back into action, making progress with ease.

Establishing a Relationship with Your Client

One of the first things to discuss with your client are the roles and expectations of the coach and client. Make it clear to your potential client from the beginning what you can provide for them and what you cannot. Let your client know what their role is and communicate this verbally as well as in writing as part of your welcome packet before you begin a formal coaching relationship.

The Client’s Role

- Know what you want. This process only works when you know what you want and can translate those wants and dreams into clear, specific visions. If you don’t know what you want in your life some additional coaching sessions may be helpful to assist you to know what you want, a good place to begin our focus in our coaching sessions.

- Be prepared for your coaching session and ready to work. Please take time before each coaching session to email the current LifeVision section you are working on, no later than 12 hours prior to our coaching session. Please be prompt to every tele-coaching call. Come to your session centered and ready to engage.
- Make your coaching session a priority. Be prepared with your LifeVision section and your ideas and goals ready for the each coaching session. Complete any work including writing between sessions. Complete what you have agreed to accomplish. Plan on spending 1-2 hours thinking and dreaming to get centered and focused and then to write each section of your LifeVision. Make an appointment with yourself and set this time aside to intentionally create your Ideal life.

The Coach's Role

- I will respect what is discussed or written in any coaching session or within your LifeVision with utmost confidentiality. I will provide a safe environment for you to share openly and freely with complete assurance and respect of your feelings and privacy.
- I will listen closely to you, without judgment.
- I will respond to what I hear and ask questions to understand.
- If I hear something in your voice or language that sparks an intuitive thought, I will ask you about it to clarify. Often, it is in those small moments that bring about the big shifts.
- If I'm not on target with what you are saying or feeling, please let me know. It is important that we are open, honest and authentic in our coaching sessions.
- I will read and respond to your emailed LifeVision within 72 hours.

- I will make suggestions of how to make your LifeVision more effective and powerful. These are only coaching suggestions, you are free to discuss, accept or decline any these suggestions.

When a Coach and Client May Not Be a Good Fit

Ideal LifeVision Coaching is not intended to replace treatment for individuals with clinical mental diagnosis, chronic depression, anxiety, neurosis, or those with strong addictions. Potential coaching clients should be healthy individuals who have generally accepted or have been treated for any past disappointments, adversity or trauma. Potential clients should be those capable and ready to put their sights and focus on the present and future as they create their LifeVision. Potential clients are individuals willing and ready to take responsibility and to be accountable for their life and for their reactions to life circumstances. These clients are those that will benefit most from your Ideal LifeVision coaching services.

The Difference Between a Life Coach and a Therapist

A therapist is an expert in the medical and behavioral sciences trained to treat diagnosable conditions. Therapists also work with clients requiring therapy to treat mental health disorders including severe depression, anxiety, neurosis, relationship resolution, or recovery and treatment for addiction.

A life coach helps a client to see their gifts, talents, and strengths. A life coach helps a client identify areas in need of development and are trained to support their client in creating their ideal life helping them accomplish goals and aspirations in their personal and business life.

A therapist is required to remove their personal feelings and thoughts.

A life coach uses personal examples as a catalyst and tool to challenge and encourage their clients.

Indications a Client Should Be Referred to a Therapist

- The client is highly emotional and needy.
- The client continually seems to be in crisis mode and is reactionary.
- The client does not take responsibility for their actions and decisions but rather blames others.
- The client is continually stuck and can't move forward.
- The client continually refers to a traumatic event or abuse.
- The client is clearly focusing on the past and not the future.
- The client finds it very difficult to think about their future.
- The client cannot express what they want in their life.

Ethics and Standards

There are established ethics and standards required to remain in good standing as an Ideal LifeVision Certified Coach. To be a credible and professional coach it is critical to hold yourself to the highest standards of coaching at all times. This means acting and coaching from your highest integrity.

Check in with yourself and listen for the internal voice that lets you know if you are in or out of "integrity". Falling out of "integrity" may include the following:

- Trying to "fix" your client.
- Misrepresenting what Ideal LifeVision can do or making promises that may go unfulfilled.

- Not holding a client accountable for missed appointments or uncompleted assignments.
- Creating all or part of a client's LifeVision for them.
- Enrolling a client that you know is not a good fit for you.
- Enrolling a client that you know requires the services of a therapist.
- Not fulfilling the role and responsibilities of a coach.
- Make sure that your own Ideal LifeVision is authentic and current. Model the example of powerful living as a result of creating and using a LifeVision.
- Not respecting the clients privacy and confidentiality.
- Being dishonest about your personal life experiences or credentials as a coach.
- A conflict of interest, having a business or personal relationship with which you could influence the client about what they write in their LifeVision.
- Avoiding any hard or uncomfortable conversations such as payment disputes, missed sessions, client's dissatisfaction etc.
- Not setting or honoring boundaries with an individual or business colleague. Taking credit for ideas that are not yours or continually giving away your thoughts or expertise without fee.

Walking the Talk

As an Ideal LifeVision Coach, people will be watching you. They will be watching to see if your actions are in alignment with what you say. So when reflecting on walking the talk there are a few things to ask of yourself. Do you have your own LifeVision written and recorded? Are you listening to

your LifeVision regularly? Are you updating your LifeVision regularly and as goals are being reached? Authentically living what you are coaching is essential to the success of your coaching business and to living a life with integrity. Follow your own “coaching” advice and get clear about your goals and live your most Ideal life.

Begin your Certification with Authenticity

What is currently written in your Professional LifeVision? Does your Professional LifeVision include your Ideal LifeVision Certification process? What is your vision of your coaching business? Why have you chosen to earn certification with Ideal LifeVision? Take some time to ponder the following questions, include your answers in a paragraph or even a page in your Professional LifeVision to express why you want to be a Certified LifeVision coach as well as expressing your gifts and talents and what you will bring to your clients coaching experience.

- Why do I want to be a Certified Ideal LifeVision Coach?
- What do I “bring to the table” as a gifted coach and mentor?
- How will this business benefit me?
- How will this business benefit my clients?
- How will this business benefit my community as a whole?

Professional LifeVision TIP:

When you’re creating your Professional LifeVision tune into what business coach Suzanne Evans calls every clients favorite station, “WIFM - What’s In It For Me” You’ll want to be very clear about what’s in it for the client. Getting clear about this will help you discover your niche and the unique benefits you offer. People will want to work with you because you have solutions to their pain points. The clearer you are in this area, the more ideal clients you’ll attract, making you more successful in your business and increase the impact you will have in your client’s lives.

Relating to Your Clients Experiences

When setting your own personal goals, be conscientious of setting both small and large goals so that you will have a variety of experiences your clients can relate to. Like anyone else, not all of your goals will be realized, this experience will help you relate to your clients when they experience that in their own LifeVision.

Over the course of creating and using your Ideal LifeVision consistently, you will develop a repertoire of stories to share with your clients. Document these stories and experiences to draw on in your coaching sessions, trainings and speaking engagements. Your stories give you credibility as an experienced coach and expert and will become a unique and an invaluable part of your marketing. Your life will become your message.

Documenting Your LifeVision Journey

- Keep a copy of your previous written and recorded LifeVisions.
- Track and record your successes.
- Develop and document your own stories as well as your clients to build your credibility as an experienced coach.
- Practice the art of storytelling when telling your stories this will help to uniquely market your coaching practice and engage your audience when speaking or your clients when coaching.

Coaching Ideal LifeVision

How to Coach a One-on-One Session

- Once you have received payment from your client, order the Ideal LifeVision program at: <http://ilvcommunity.com/certified-coach-dashboard/>
Important: Use your credit card and NOT your clients when purchasing the Ideal LifeVision program.
- Inform your client that they will be receiving an email from Ideal LifeVision that will contain a link to the Ideal LifeVision program. Included in this email will be their personal Ideal LifeVision username and password. This is important information that your client should keep for future reference.
- Send your client an email with a welcome letter and your coaching packet, client information sheet and coaching agreement.
- Introduction Coaching Session. This tele-call is an introduction and welcome to Ideal LifeVision. On this call you will have the opportunity to explain how the coaching process will proceed and answer any questions.
- Ask your client to read through Module 7 (or first 46 pages of the manual) and watch all videos prior to your next session.
- Ask your client which of the five Key Areas of their life they would like to start with. Avoid starting with the Financial/Professional or Relationship areas, these will come easier after your client is more comfortable writing one or two sections first. If your client can't decide what area to start with suggest the Spiritual section, it often will set the tone for the remaining sections. Ask your client to read the pages in the manual and complete the audios, videos and activities related to the section they will be starting.

Get the Conversation Going by Asking Questions

Once you've established what the first section will be start motivating your client to write this section by asking questions. Start with these basics:

- What are some goals you'd like to set in this area?
- What do you want to be and do in this area?
- Where do you see yourself in this area a year from now?

Look Beyond Your Client's Vision

Gear your mind to see beyond what they see. Keep asking, "What would that look like "ideally"? Ask them to stretch themselves while encouraging realistic boundaries of what can be accomplished in the next 12 months. Be intuitive and listen for "struggles" and make a note of them and suggest they "turn around" the language they are using as they write their LifeVision.

Example:

"It's hard for me to lose weight because I work until 6:00 pm, not in the mood to go to the store, so I never have anything in fridge or cupboard. So I grab junk. Then when I go out to eat, I don't pick the right thing. It's just hard!"

Turn the language around to:

"I always have on hand the foods I need because I shop on Saturdays at Whole Foods. Eating out is simple because there are always salads, meat and veggies that are on my eating plan."

Some of your clients will want or need more coaching that goes beyond the steps of creating their LifeVision. A client may connect with you and find you have a lot more to offer than just LifeVision training and accountability. Your client may want you to give them your insight or your "take" on things they are working through as they create their LifeVision. Be open and listen to what they are saying and guide them to write what they want to achieve.

If you find that you or your client seem “stuck” reconsider these factors that must be present for effective coaching, evaluate the coach/client relationship to identify if these factors are being met:

1. The coach must have total focus on the client.
2. The client must show a willingness to be coached.
3. Is the client clear about their LifeVision goals?

Your Total Focus - Listening Deeply to Your Client

Sometimes as a coach you will need to let your client just rant...or even ramble (to a point) to get things out in the open.

Sometimes your silence gives your client permission to go into what they are feeling or experiencing more deeply. Let them talk and listen deeply. If you're listening deeply you'll often hear things like off beat or repeated phrases that you'll want to ask them about. Strong or weak energy, breathlessness or an unusual pace in their speech. Or if you sense “intense” energy, make note of it because if it doesn't smooth out in the first few minutes you may want to point it out and ask questions about the subject your client is talking about.

Example:

“You keep saying ‘I'm fine’ but the energy with how you're talking doesn't sound like you're fine.”

Non-Defensive Exploration

Listening is more of a skill than most people realize. Too often, when people are “listening” to someone, they are actually trying to formulate a response. The goal of listening to a client is to explore and understand what they are truly feeling. The goal is to try to understand your client's deeper thoughts, feelings, and wants without them feeling judged or criticized. All you want is to gain information and understand your client more clearly so that you can help them clarify what it is they want and why. If your client feels like you are being critical or overbearing you will risk

them closing off or shutting down limiting your understanding and handicapping you in helping them get clear about their life's goals. If you feel that your client is stuck then non-defensive exploring is always the first answer.

Exploring includes understanding what a person is saying as well as how they feel about what is being said and what they are wanting. Often a client will not give you the full answer of what they are really thinking, feeling, or wanting. Often they feel too vulnerable or threatened to disclose what they are really thinking, feeling, or wanting. You will sometimes have to “read between the lines” or trust your intuition.

If you are trying to get to deeper more vulnerable information you will want to have the honor and integrity to respect any information your client may share with you. Be sensitive to sensitive information, that is what will build trust and loyalty between you and your coaching clients.

Listening is the cornerstone of coaching. Every other skill centers around listening to your client. The single greatest gift you can offer your client is the gift of being heard. Your client will appreciate being fully heard and will value your coaching. A masterful coach hears it all and discerns it all. They know HOW and WHEN to respond to their client.....and when not to respond. As a coach, you'll develop this skill with experience, far beyond your current ability.

Creating Your Ideal LifeVision Business

Coaching Tools and Services

The following are examples of various coaching tools, services and packages to offer your clients. Incorporate any of these into your own coaching programs. Variations can be adjusted to fit your coaching business making your coaching business uniquely yours.

Ideal LifeVision Tools

- Online “Creating Your ideal LifeVision” Program
- Hardbound Ideal LifeVision Manual with CD’s and DVD’s
- Recording System with Music
- Access to Online Forums
- Access to the Ideal LifeVision Database

Ideal LifeVision Services

Mini One-on-One Coaching

2 - One Hour Sessions

\$250-\$400

One on One Coaching

6 - 45-60 Minute Sessions

\$500-\$1000

Tele-Workshops

6 - One Hour Sessions

\$250-\$500

LIVE 1 Day Workshop

\$200-\$300

LIVE 2 Day Workshop

\$250-\$500

Accountability Coaching

Weekly or Bi-Weekly 30-40 Minute Sessions

\$150-\$300

ReVision Mastermind

1 day (or 2 day) for past LifeVision clients

\$197-\$497

My Coaching Packages

Develop your own coaching packages created from the tools and services suggested here as well as using your own additions and variations making your coaching packages uniquely yours.

60 Day Return on Certification Investment Challenge

Investing in a business plan is essential when creating a profitable and successful long term business. Your commitment and investment in becoming a Certified Ideal LifeVision Coach is a decision you have made showing your dedication to creating greater value within your coaching business. Now it's time to make back what you invested in becoming Certified with Ideal LifeVision with this 60 Day Return on Your Investment Challenge. Design a business plan that would allow you to make back the money you invested into your Ideal LifeVision Certification within 60 days of your certification. The following are examples of a return on your investment, remember to include the licensing fee and materials for each participant.

60 Day Return on Certification Investment Example 1

3 One-on-One Coaching Clients at \$ _____ = \$ _____.

I will deliver a presentation at a networking group and follow-up with each person that signs up for my mailing list. I will use a free, complimentary Laser Coaching session to explain the program and show how it can benefit them.

60 Day Return on Certification Investment Example 2

Register 10 people for a LIVE Workshop 10 at \$ _____ = \$ _____.

Convert 3 of the workshop participants into a \$ _____ coaching/ accountability package = \$ _____.

My 60 Day Return on Certification Investment Plan

Ideal LifeVision Client Welcome Packet

Welcome Letter Example

Dear Tom,

Welcome to _____ Coaching. I am excited to have you as a client and to work with you as you create your Ideal Life.

I've attached a welcome packet, please read through it carefully, as I have prepared many things to help you achieve all of your goals and aspirations in your personal and business life.

Next, please sign the coaching agreement and fill out the client information sheet and return those as soon as possible so we can begin!

Would you be available for an Introduction Coaching Session:
_____ at _____ or _____ at _____?

This important introduction session will be approximately
_____ minutes.

Please review this packet before our first session and let me know if you have any questions.

Getting the Most Out of Our Coaching Partnership and How to Create & Finish Your LifeVision in 5-6 Weeks!

The relationship between a coach and client is co-creative, meaning that we are equals and both have an active role. I am not a therapist, counselor, or consultant. I am a trained coach using honed communication skills to support you in designing your own Ideal Life. Together we create more power for you and take dynamic actions towards your goals.

The Process

Your coaching package includes 5 (five) sessions plus an introductory call. Each session is divided into 2 parts. Part One will be spent reviewing the previous writing you have finished in a particular section of the LifeVision and discussing changes that could be incorporated to make it more powerful. I will also send suggestions via email marked in red. Part Two will be spent brainstorming and clarifying ideas, dreams, and goals for a new section of the LifeVision. Sessions are 45 minutes in length and are usually completed via telephone.

I have scheduled 6 weeks for you to complete your LifeVision. I am flexible in this arrangement, however, the goal is to complete 1 (one) section every week. We will set up the appointment to be the same time each week (preferable) or we can make it a flexible arrangement.

Your Role

Know what you want. This process only works when you know what you want and can translate those wants and dreams into clear, specific “visions”. (If you don’t know what you want in your life, that’s a good place for us to begin our focus in the coaching sessions.)

Come to Your Coaching Session Ready to Work

Please take time before each session to email your current LifeVision section. Do this anytime, but no later than 12 hours prior to our call.

Please arrive (by phone) to every session on time.

Come to your session centered and ready to engage.

Make our coaching sessions a priority. Come to every call prepared with your LifeVision section and your ideas and goals for the next section.

Complete your work and writing between sessions. Complete everything you agree to do. Writing your LifeVision isn’t as time-consuming as it may initially appear. Plan on spending at least an hour writing when you feel centered and focused on your Ideal Life. Typically 1 (one) section will take

between 1-2 hours of “thinking, dreaming, and writing”. Make an appointment with yourself and set aside the time you deserve.

My Role

I will listen closely to you, respond to what I hear and ask questions. If I hear something in your voice or language that sparks an intuitive thought, I'm likely to ask you about it. Often, it is the small moments that bring about BIG shifts. If I'm not on target, just tell me. I'm not attached to being right.

I will read and respond to your emailed LifeVision. I will make suggestions on ways to make it more powerful. This is only a coaching request and you are free to negotiate, accept or decline.

Client Policies & Procedures

Fee: The LifeVision Coaching Package is \$_____.

It is due at the first session. Although I would prefer _____, I can accept _____. This fee includes the 5 (five) sessions and the additional time I spend reading, editing, and emailing your LifeVision, it also includes the manual, recording system, videos, worksheets, and audio recordings etc.

Calls: Please call this number at the scheduled time _____. If you get my voice mail, wait a full minute, then call back. Please do not leave me a message and wait for me to call you.

Changes: If you need to reschedule a session, please give me at least a 24 hour notice, and we will reschedule it. If you have an emergency, we will find a way to work it out. If you must cancel a call within 24 hours before our scheduled time, I may not be able to reschedule it, and therefore may forfeit that appointment.

Missed Calls: If you are more than 15 minutes late for a call, I will assume the session is canceled. If you are late for the call, the session will still end at the designated time.

Extra Time: You may call me between our calls if you have a problem, or can't wait to share an "aha" or breakthrough with me. I do not charge extra for this time, and I ask that you keep these calls relatively brief. Please feel free to email me at any time with questions or comments, too. I check my email every weekday.

If you feel we need to add any extra sessions, my fee is \$_____ for one 50 minute session including one email revision.

Additional Coaching: We can continue to work together past the creation of your LifeVision. Through these coaching sessions we will dig deeper and work on additional specifics of your LifeVision, create defined action plans and discover insights to help you get "unstuck".

Fees are \$_____ monthly for 4- 30 minute sessions.

I'm looking forward to the connections, discoveries and magic in our coaching relationship... let's get started in creating your Ideal Life!

Ann

Coaching Agreement Example

Hello _____

This is an agreement that I like to have so we are both clear about our expectations. Please read it and hit “reply” if everything makes sense to you. Let me know if you have any questions.

Ann

Coaching Agreement

Name:

Fee: \$

Payment to be billed on credit card ending in:

Date credit card is to be charged:

Session Day:

Session Time:

Duration: _____ Minutes

You are a being of choice. You are responsible for all of your own decisions, feelings, actions and outcomes. As your coach, I will support you, and I am committed to helping you grow beyond where you currently are and into a life that is a vibrant expression of who you really are. But the real work is yours to do, and I want you to choose the pace that fits best for you.

Please let me know what you need from coaching. If at any time, you are not comfortable with any part of our coaching partnership, please let me know immediately so we can correct the situation and move forward. I am so excited to be working with you, and I look forward to our time together!

WHAT I DO AS A COACH:

Listen openly and actively

Ask questions

Reflect/mirror back to you

Offer different perspectives

Hold you accountable to what you tell me you want

Trust you to make your own decisions

Show up with your best interests at heart

Advocate for your highest intentions

Tell the truth

Believe in you and your highest good

WHAT I DON'T DO AS A COACH:

Diagnose or treat anything

Solve your problems for you

Do your work for you

"Fix" you

Judge you

Give you "hard" advice (e.g. legal, financial, etc.)

Take responsibility for you or your actions

WHAT I ASK FROM YOU AS MY CLIENT:

Tell the truth to me and to yourself

Be willing to stretch yourself

Call me on time

Approach challenges as opportunities for growth

Let me know if something isn't working for you

Be open to new ideas and perspectives

HAVE FUN AND ENJOY THE PROCESS!

I have read this coaching agreement and fully understand its content. I understand that _____ is not a licensed therapist and that I am responsible for all my decisions, actions, and feelings.

Signed: _____

Date: _____

Client Information Sheet Example

All information is optional and strictly confidential. This information will help me get to know you better. Please hit "reply" and fill out the following information and return the email to me at:_____

Name:

Address:

Home Phone:

Office Phone:

Cell Phone:

Fax:

Email:

Birthday:

Marital status: ____ single ____ married ____ widowed ____ divorced

Name of Spouse (if applicable):

Name of Former Spouse(s) (if applicable):

Children: (Names and Birthdays - if applicable):

Occupation:

Employer:

Where did you grow up?

Tell me about your family (briefly).

Anything else you want to share that you think would help me coach you more effectively?

How did you hear about my coaching services?

Emergency Contact

Name:

City/State/Zip:

Phone number(s) including area code:

Relationship to you:

Critiquing a LifeVision

How to Critique a LifeVision

- Make sure your client's LifeVision is in a Word document. Make suggestions within their text and another color such as red for example.
- Look for "negative" words or statements and make suggestions of how to flip the negative statement or cross out the negative statement and have your client remove those words or statements.
- Point out any future tenses. ("I will" or "I'm going to" etc.)
- Make sure YOU can visualize what they are writing. If you can't picture it, make suggestions to make it more visual. Give them an example sentence or two.
- Suggest an "action plan" when appropriate if you feel it's lacking.
- Make positive and encouraging comments on sections or sentences you feel your client wrote effectively or "nailed it".
- Ask after each section if it feels "complete".
- Consider reading aloud each paragraph as your client closes their eyes. Ask your client to listen for words that trigger emotion for them, ask them to listen for a flow of content, etc.
- Copy and paste samples you feel will be helpful when appropriate.
- Make sure there is significant motivation for each Life section.

Spiritual LifeVision Critique Sample

I love my life! I am excited to wake up every weekday morning at 7:00 a.m. First thing each day, I begin with 20 minutes of meditation, journaling and reading an inspirational quote for the day. I follow this activity by walking my dogs and being out in nature for 20 minutes. I listen to my LifeVision on my walk. It sets the tone for a fantastic day. I am happy I have given myself this gift of clarity and focus. Each time I listen to it I feel more confident and energized.

****Is this a current reality? Give more details about meditation, journaling, etc. along with emotional connection and motivation. Why do you journal? Tell me more about how you journal and what it gives you. Do you have an inspirational book of quotes with you? Online? Create a more “visual” picture.**

I am fulfilling my responsibility to the Universe by living full out and sharing that with the world. I am intuitive and find it easy to relate to others. I use this strength to support them in living full out. I am happy to ***hold myself accountable** each day and find satisfaction in **holding others accountable**. ***By holding myself accountable**, I end each day feeling complete and accomplished. I am a leader. I am charitable. I am humble and happy to serve.

***What do you mean by “hold yourself accountable”? Is there any negative connotation for you in that phrase?**

I spend some time in nature each day. **(What does this mean? Where? and What are you doing?)** I reconnect with my spirit by being present and enjoying my surroundings. I am grateful for the abundant world I live in. I use the voices of angels and my own intuition to guide me. I make good decisions. I am present in every situation. I am full of gratitude. I end each day by writing down five things I am grateful for that happened today. **(In a journal? Is it handy? Night time routine?)** I journal any thoughts that inspire me. I am reconnected to myself and my power by completing this activity. I am complete.

Where’s the stretch? What is most important that it becomes a reality now?

Health and Physical LifeVision Critique Sample

I am happy with my body. I am blessed with good health and love taking care of my body. I nourish it each day with healthy foods. I love eating fresh foods including fruits and vegetables each day. (Quite vague. Any ideas on how to make this more “visual” and specific?) I ensure my glucose levels are stable by eating regularly. I eat healthfully six times a day. (Describe a typical meal so your brain sees proportions) I drink 64 ounces of water everyday. (Share how I keep track of drinking water) My body appreciates me for taking care of it. I start of my day by drinking a green smoothie and I take vitamins each night. I enjoy drinking coffee and alcohol in moderation. (Keep an eye on this and see if this backfires by “focusing” on coffee and alcohol too much) I enjoy at least seven hours of deep sleep every night.

What’s your current reality? Tell me about the 6 times a day? Sleep? More motivation

I exercise consistently. I workout three times per week at Curves for 30 minutes. (How’s this going? Describe your workout in detail, what it feels like once you’re done along with motivation. Whole paragraph on this 30 minute workout 3x a week!!!)

I walk my dogs at least five times per week. I do yoga once a week. (Reality? Where, with who?) This helps me stay flexible and centered. I enjoy biking, hiking, skiing, gardening and walking. I am grateful to do some type of physical activity every weekend. (Put more WHY and even get more specific on those activities) I appreciate being in nature while taking care of my body. I reward myself each month by getting a massage. (Where? Who gives it? How does it feel?) I wear my body magic consistently and it helps keep my spine in alignment. I have great posture. I have a healthy body fat percentage and am happy I can be an example to others on how to live a healthy lifestyle.

I have beautiful nails and toenails. I take care of them by getting a manicure and pedicure monthly. I take care of my skin by cleansing it every morning and night. I use my masque at least once a week. I am happy with the way that I look and feel. My skin is radiant and beautiful. I am grateful for my youthful appearance and take pride in caring for it.

I have \$50 each month to spend on upgrading my wardrobe. With every purchase I try a new color or style. It feels good to have new clothes that fit my body perfectly. Each time I purchase something new, I clean out some of the old. It is so rewarding to have my closet neat and organized. (Great!)

I love my home. I enjoy coming home every night to a neat and tidy space. I spend 30 minutes each day keeping up on the maintenance of my home. I spend two hours each weekend working on something on my project list. It feels good to begin to cross things off as accomplished. By June 30, 2011, our deck and balcony are complete, our landscaping is complete and our upstairs is complete. (Progress so far?) It is wonderful to spend our summer on our beautiful deck barbecuing with family and friends and soaking in our hot tub. My home is peaceful and a place for rejuvenation. My life has balance. I am complete.

In discussion found that there was no belief on this. She couldn't wrap her mind around it. Didn't know how much it was going to cost. Husband was going to do it and discovered probably only one thing (deck and balcony) was enough.

Relationship LifeVision Critique Sample

My relationship with Ted is complete. He is my partner and best friend. I appreciate how caring and compassionate he is. I am thankful for his support in every aspect of my life. (Give another sentence or two of examples so you have PROOF!) I appreciate all of the many things he does for me. I enjoy doing things for him too. (Such as?) I am grateful that we are present for each other in all situations. I feel satisfaction in sharing the daily household responsibilities. I am grateful that we take turns making dinner and cleaning the kitchen. I enjoy having a healthy meal ready for him two days per week after a long day at work. I love to give and receive such deep love. It is so fun to share common interests. We enjoy spending time with family, music and nature. We love to travel. I look forward to planning vacations together. I am so excited for our trip to Ireland this fall. It is going to be a wonderful time with family and friends. I am grateful for our perfect balance of togetherness, time away with our friends and alone time. I love our lasting attraction to one another. I am passionate about him and look forward to hugging and kissing him everyday. I love how our bodies fit perfectly together. We enjoy one romantic date night per month with just the two of us. I enjoy being creative and planning something fun for our date nights. We have monthly meetings to discuss our finances and our goals. (Add to To-Do list or calendar) This is a fun conversation because we are on the right track and it is joyful to see our progress. Our communication is easy and we can communicate freely about anything. We respect each other's opinions. We discuss our children and agree on how to handle every situation. We are a united team when dealing with the children. We have patience for each other in every situation. We understand and acknowledge that we are both continuing to grow. (Great job! Is this complete? Where's the "stretch"?)

I love my relationship with my children. I am happy that we can have open dialog about any subject. It is comforting to know that my children feel free to come to me with their trials and triumphs. I am supportive. I am a good listener and present at all times with my children. I speak calmly even when I'm upset. I set reasonable boundaries and teach my children to be self reliant. I am grateful that I have learned the tools of "The Millionaire Mind" and am able to teach them to my children. I am happy that we have set

some new ground rules (What are they and do they deserve to be in here?) and the children are following through. It is so enjoyable to have dinner together as a family at least two nights per week and share our experiences of the day. I am happy the kids are excited about cooking and learning new healthy recipes. This serves them throughout their lives.

I am grateful for the mutual respect Jase and I share. I am proud of the wonderful young man he has become. I appreciate how open minded and accepting he is. I value our one on one time together and am present when he speaks to me. I am grateful for our mutual love of skiing and look forward to going together at least once per month during the winter. I appreciate the lessons he learns from me and the lessons I learn from him. I am grateful that he takes the roll of being an example to his younger siblings seriously. I appreciate the relationship he has created with each of them. They all look up to him. He is a bright light in my life. I am so happy that I am his mom.

I appreciate the unique personality Jase has. I am happy to nurture it and support who he is. I look forward to spending one-on-one time together. I am happy with our relationship. I am proud of him for making strides to mend his relationship with Ted. I am grateful he is comfortable with talking to me. I am glad that I have set expectations with him and he follows through with them. I look forward to spending time together skiing or doing other activities at least one day per month. I am happy he is making positive choices in his life and is choosing to eat healthfully. I am excited to be a part of his future and all that it brings.

I am so proud of Sophia. She is beautiful and a joy to be around. I admire her dedication to dance and guitar. She is a beautiful artist in so many ways. I am happy to nurture her talent and support it in every way. I look forward to our trip to NYC in October with _____ and _____. I cherish all of the bonding moments we get to spend together at her dance conventions. I am proud of the young lady she is choosing to become. I look forward to spending time together at her upcoming conventions this year. I look forward to supporting the young lady she is becoming and being a positive example to her.

I am happy that Lisa and I are in such a great place. It feels good to have overcome our challenges from the past. I enjoy our light conversations that

are free from judgment. I enjoy the limited time we spend together. She is a beautiful young lady and has made good choices in her life. I am proud of her for being a great student and taking her school work seriously. She is a good example to the other children on how to be a good student. It is fun to watch her cheer and do something she loves. I look forward to watching her grow, attend college and become independent. I am happy to watch her make choices that best suit her without worrying what others will think.

(Awesome!)

Professional and Financial LifeVision Critique Sample

I am on top of my financial life!!! I am living life filled with abundance and prosperity. Because I am financially free, it allows the CHOICE in my life. I earn \$200,000 or more by December 31, 2012. I have extraordinary money-handling capabilities and have mastered the finances of both my personal and family financial affairs.

Money flows to me naturally, easily and comes to me in avalanches of abundance in unforeseen ways. (Do you work for it as well? Will this sentence create the belief that it will come to you without doing anything?) I now have more money than I need to do everything I want to do. I am making positive choices about what to do with my money. Every day, my income increases whether I am working, playing or sleeping. People love to pay me money and join my business. I spend 15 minutes a day practicing my enthusiasm and urgency. I read and master the "Art of Recruiting" by Sept 30, 2011. I read one financial/business book per month. (Such as.....name 1-2 more) I now express myself as how specializing in serving others and helping others with their aging challenges.

As an Anti-aging specialist distributor with NuSkin Enterprises I am on top of my financial life!!! I am financially free with a residual income of \$10,000 per month. I am living a life filled with abundance and prosperity. Because I am financially free, it allows me CHOICE of my life and peace of mind. (You said this in first paragraph. Did you mean to do that? Do you like that or will it bug you?)

I am enthusiastic and have a strong sense of urgency because I know and believe I am serving other people by helping them feel and look younger, taking years off their looks and creating beautiful skin. I am committed to spending 15 minutes per day practicing presenting with Enthusiasm and Urgency. (For my own clarification can you tell me what you mean by this as I don't understand it. Also, you wrote that in first paragraph as well ??) write my schedule the night before and scheduling/devoting a minimum of 3 hours to NuSkin to achieve my financial goals. (I would suggest detailing, at least loosely what those 3 hours consist of such as attending a free financial webinar/tele-class, organizing my paperwork, etc.)

As God's voice, I ask all the right questions when I talk with new people. I easily attract 4 (four) motivated people to join NuSkin by October 31, 2011 as my business partners. (This comes as a result of my consistent effort in networking, meeting new people and then using my skills to present the NuSkin Opportunity.) I assist them in becoming Executives using the Flight Plan within 1 (one) month. I am peaceful and excited as I train my new partners. I easily and effortlessly perform 3 (three) demos per week, develop 3 (three) new customers per week beginning now thru Dec. 20. I am in partnership with 4 (four) other energetic, enthusiastic tenacious people whose goal is financial freedom

I am extremely confident and in awesome state. I am marvelously organized. I live within current budget. I use my time efficiently. I love to call on new customers and know exactly what to say, what questions to ask.. I build my sales to a minimum of \$3,000 in October, \$5,000 in November and \$10,000 in December while developing executives. I build 1 (one) executive each month for the next 15 months. I attend 4 (four) networking events per month establishing and building friendships, partner base and clients.

I am beautifully clothed from what I own currently in my closet. A gift of financial freedom allows me to shop for any clothes and designers of my choice. Clothes shopping is one of the passions in my life. I am dressed beautifully and look drop dead gorgeous each time I leave the house. I dress with enthusiasm and excitement. I am excited about the passion in my life. By donating my clothes, I assist other women to promote their lives in style. While saving money creates peace of mind and joy allowing me more time for community service. I love community service knowing I am helping others.

My hard work pays off. It is June 2012, I move into a beautiful home on the hill and no longer perform design services. I have financial means to travel first class with my children. (desired location?) As I live within my current budget, financial abundance comes to me in avalanches of abundance allowing me to budget a gym membership in October, sailing and golf lessons in the Spring. I successfully save 10% of my income and tithe 10% to the Unity Church of Grapevine. I successfully save 10% of my income. (Would use an actual number rather than a percent. It will be more powerful and visual.)

Personal Development LifeVision Critique Sample

I love to write. I write in my journal twice a week and love to get my feelings out and down on paper. This allows me to focus on other things in my life like being a great dad and focus on my work.

I am also a cellist. I love to play the cello and practice 5 (five) times a week. I will play Christmas music on the cello for my kids this Christmas. I will play 3 (three) pieces from memory to help bring the Christmas spirit to my little home.

(Can you give yourself a definite idea or a rough idea of when you'll practice these 5 (five) times as well as the journaling?)

I am extremely organized. I have a system for bills, home organization, kids schooling and work. I am timely and prompt. I am able to manage my busy schedule and all the different things I have to accomplish at home at work because I have a system for note keeping, tasks and priorities. I am able to take this system with me to keep focused and organized on the go. My home is clean and orderly. I have a place for everything and it is also organized. Because my home and life is organized I can be with my kids when I am with my kids. I am physically there and 100% attentive to being a good dad.

(Do you have any ideas of "systems"? Hopefully that will put it on your radar enough to find what you're looking for - share my system.)

I am an amazing dad. I LOVE to spend time with my kids and be with them. I spend time daily with Isabel on her homework and we both enjoy this time together. I also spend time with Evan learning to read. We both enjoy this time together and we build a tight bond because of it. All of us love to spend time going on walks, learning to ski, watching movies, going to the skate park, swinging on swings. We become very close because of this. Because of my bond with my children I am able to minimize the impact of this difficult time in their lives. They know that I love and care for them and they will grow up well rounded people with confidence and avoid the difficulties that other children from broken homes have. (Great paragraph but should be in relationship section :D)

I am confident in my opinions at work, church and home. I am able to remember vital statistics and facts about industries, marketing, and my position that allows me to influence people to make better business decisions. I am influential and smart. I enjoy my job and make a huge impact on revenue, marketing opinion and my indispensability. Companies want to employ me and cannot stand the thought of losing me. I am extremely knowledgeable about marketing and branding. I read the latest in marketing knowledge and trends daily and I make use of this data to become better, more knowledgeable and valuable. Because of my organization and marketing knowledge I am well-known for my business acumen and companies frequently seek me out to be on their payroll and board. I frequently attend business workshops that further my knowledge about marketing, business and other areas. I am able to attend these events through work.

I love to read and find that good books are a solace from stresses of daily life. I am able to read 30 minutes every day before falling to sleep. I read business books, self-help books, marketing books as well as spiritual books. I read at least two books a month. **Found it helpful to name a few ?? Good job!**

Speaking skills- (**Say nothing or say “I have amazing speaking skills”.**) I am great at speaking in public as well as conveying my opinion in smaller groups and meetings. My thoughts are organized and moving. I speak clearly and with a voice. My inner voice is valuable and **I don't extinguish it (and I project it regardless of different opinions)** just because of someone else's opinion is different than mine. I am able to remember facts, names and dates of relevant facts quickly and easily.

I am able to use and retain Japanese. I have friends that I can speak Japanese with on a regular basis. I am able to travel to Japan for work and pleasure on a regular basis and also use my language there for both. I think in Japanese and build my Japanese business vocabulary through speaking, studying and reading in Japanese. I maintain my Japanese through praying in Japanese as well as studying vocabulary regularly. **(Awesome!!)**

Photography, I love to take artistic and portrait pictures. I am able to save up money to get a new camera by people paying me to take pictures for

them. My new camera is nice and has all the necessities to take professional pictures. (This seems kind of vague to me. How committed are you to it? If it's not something major for you, it's probably OK. But if you really want that new camera, I'd suggest putting in the name of the camera and even the accessories. And put more emphasis on how you attract people that want their picture taken. "My friends and family and associates know that I have a gift for photography. Because of this, they are great about spreading the word that I am available to take professional photos". I average 1-2 sessions per month, charging _____.

By _____ I am able to purchase my new _____(camera) along with _____accessories.

Marketing Ideal LifeVision

Your Ideal Client and Your Niche

In this section, we will create your ideal client profile and begin exploring who you want to work with (your niche). When pondering what clients they want to attract, many coaches tend to want to get ANY client in the door. “Do they have a pulse? Can they pay the \$300 or \$600?”

Why create a niche and identify your Ideal Client?

If they are not your ideal client they will drain your energy and drain your passion! Identifying with your market or niche is very important because to authentically serve a specific market, you must understand and identify with those in the market. You have to “relate”. You need to know what’s going on in their heads. You need to know their “story” and what their problems are.

And once you do, you will care so genuinely about them, that will become more than just wanting to help them, it will become a MUST!

Establishing your own personal brand is THE most profitable, long-term, and stable asset you could ever possibly create for yourself. You position yourself as the expert or guru in a very specific niche and become the source of the best and most valuable coaching for your Ideal client.

5 More reasons for Creating a Niche...

Saves you marketing time

Saves you marketing money

Enables you to understand and enjoy your clients on a deeper level

Limits your competition

Helps you find them easier

Common Misconceptions about Narrowing Your Niche

That the niche limits your income

That a niche “will find you”

That you have to turn away anyone that isn't in your niche

4 Powerful Questions to Discover Your Niche

What are your gifts and talents?

What is it that you do better than anyone else in the world?

What's your purpose -- for what reason were you put in this world?

What causes people to seek you out regularly?

For what do you want to become known as the "go-to" person?

What activity engages you so fully that time seems to slip away unnoticed?

Answering these questions will help you determine what you enjoy and what makes you unique. You may actually come up with several different answers, but you should only pursue one at a time. Trying to be several things to several groups of people causes confusion. It may take a number of attempts over a 2-3 year period before you really feel like you are a perfect fit. Don't get discouraged, it will happen just the way it is supposed to, and you're picking up what you need to know along the way.

Who Needs Your Gift?

Out of all the people in all the world, what are the qualities of the people who need your gift?

What gender are they?

Where do they live?

How old are they?

How much money do they make?

What do they do for a living?

Use as many adjectives as you can brainstorm to describe them.

Example: Start-up female entrepreneurs between the ages of 30 and 50 that are married, have children, combined income of over \$100,000, spiritual or religious, physically active, into personal development, loves to give back and has a sense of humor.

If you can actually visualize this group of people in your head (and personally know people who fit this description), then you've got an accurate portrait of your ideal client and niche market.

What do they need?

Now that you've got a description in place, go through your contact database and find prospects who meet your description and request to talk to them about their challenges. You can set up a 30-minute appointment in person or over the phone who fit your Ideal Client profile and ask them a series of questions about things you want to know more about that will give you insight into their daily lives. What are their greatest challenges, relationship problems, what's going on in their head, what do they think about, etc.

Where do you find them?

Once you've described your Ideal Client (a combination of your description of who needs your service and with whom you want to work), now you need to determine how they congregate together on or off-line. Where do they hang out in real time? At church, the local coffee shop, the hardware store, civic groups or professional association meetings? What about online in discussion groups, blogs, forums, online networking sites? Can you find groups or associations to which they would belong? What do they read? Where do they network? With whom do they do business on a regular basis? Seek out all of places where you can reach them inexpensively and in large numbers.

How Do I Reach Out to Them?

Now that you've found them, start to reach out to them. Offer to speak at their meetings. Write an article for their publication. Post flyers about your business at "natural referral partners", or other businesses who cater to the same target market but offer a different service.

Become an expert on their site. Answer questions in their discussion forums. Attend their networking functions. Offer an event that would be appealing and useful to them.

Choose a profile for an Ideal Client and niche that you really LOVE. You know the motto: Do what you love, love what you do!! Every successful business person has become successful because they have figured out what talents they can offer to the world and who will pay for that talent.

Develop Your Message

What is Your impact statement? The first thing you say to someone when they ask what you do is crucial in an engaging and interested conversation. What is the first thing you say to people when they ask about you and what you do? This is often called your “elevator or networking pitch.”

In this impact statement you have just about 30 seconds to say your name, what you do, how you do it and what people can gain by working with you, and what makes your services or program unique.

Here are two examples of effective and quick impact statements.

Example 1

Hi, I'm Ann Webb, a LifeVision Expert and Trainer. I help entrepreneurs in their struggle to gain crystal clarity for both their business and personal life.

When entrepreneurs work with me, they get a minutely detailed business vision that gives them the clarity and focus they need to make more money.

In addition, by using this revolutionary tool of a recorded LifeVision for all areas of your life, it imprints upon your subconscious, empowering you with new thoughts, beliefs, and habits that lead those results you're looking for.

Example 2

Hi, I'm Ann Webb, a LifeVision expert and trainer. I help entrepreneurs with their money, fitness, and relationship challenges using a tangible tool called Ideal LifeVision. When entrepreneurs work with me they dig deep to not only find their purpose and passion but they also increase their income as

they gain more clarity and focus not only for their business but their personal life as well.

Use this template to fill in the blanks to create your own Impact Statement.

I work with (Ideal Client) _____

who are challenged by (problem)_____

who really want to (results and benefits)_____

What makes my service unique and creates success is that I have

Share a bit of your story/unique selling proposition

And because of this my Ideal Clients (inset motivators or specific client results)

Sounds Great! I'd Like to Hear More!

When you have peaked the interest of the listener and they would like to hear more about what you do, here are a few examples to effectively engage in a conversation or include on marketing material more of what you do, how you can help, and what you have to offer someone wanting achieve their goals.

An Example from Ann Webb:

Hi, I'm Ann Webb and I am a LifeVision Expert and trainer. I work with successful entrepreneurs who are spinning their wheels because they lack clarity, focus and a powerful vision for their business and personal life. I help them achieve their biggest goals (both financially and personally) and unlock their TRUE potential. What makes my program unique and creates successful outcomes is that I understand where you are. In 2 (two) short years I went from making \$24,000 annually to owning a multi-million dollar food business using the exact method in my program. As a result of using my Create Your Ideal LifeVision, my clients have:

- A crystal-clear business vision that results in the right action for more money
- New beliefs and habits resulting in better mindset & lifestyle
- Better family relationships
- Taking more action to get better results
- More vacations plus time for personal development
- Better health as they have a detailed blueprint for their health and fitness

When it comes to "Bios" and "About Us" website pages, you typically see a long list of schools, job experience and credentials, but very little about the person and their REAL experiences. This example tells a compelling story that people may relate to in their own REAL life experience.

Additional Example:

Hello, I'm Suzanne Evans and I am a helping profession business expert. I work with helping professionals who are challenged, confused or afraid to get their business to a level that they can help more people, make more money, and enjoy more free time.

What makes my service unique and creates successful outcomes is that I understand where they are. I built my helping based business from 1 to six figures. I also know that helping professionals who don't want to have marketing shoved down their throat so I teach them how to create authentic client-centered businesses that have a message of service.

As a result, my clients help more people, make more money and don't compromise who they are in the process of building their business. I know you can share their same success. You can learn more by visiting www.helpmorepeople.com and you can call me to set up a time to talk about building an authentic business that helps more people and makes more money. All of the information is on my card.

Practice Makes Perfect

Practice this impact statement until it flows freely and easily with confidence, then go out and use it! Practice makes perfect!

Make a plan to get in front of a group within the next 7 (seven) days to share your perfected impact statement. Here are just a few ideas of networking groups and community spaces.

- Local Networking Groups ie: www.Meetup.com
- Toastmasters
- BNI
- Womens' Groups

- Association & Trade Groups
- Local Business Chamber of Commerce, Tourism and Economic Development groups
- Book Club
- School Groups
- Health Organizations
- Church Groups

How many times will you share it over the next week? Your message is your path to attracting clients and business. Remember that it needs to be shared effortlessly. That will come with practice consider including your impact statement as part of your own Professional LifeVision!

Stop Selling and Start Connecting

You all know this....When people perceive that you want something from them the walls go up.

When they know you're going to "sell them" they put up even stronger wall and become inaccessible. Don't try to sell anyone your coaching services...instead remember why you decided to become a coach. It's about People!!!

Engage in powerful conversations, listen to people, show genuine interest in their life, ask lots of direct questions, respond sincerely to what they are saying. And let go of the need to impress or have the answer.

When it feels right, invite your potential client to have an "introductory call" where you can explain it in details once they know you can listen and that you care.

At the root of filling your coaching practice is connecting with people authentically by attracting them instead of you having to chase them down to “sell them”.

So this begins by shift your focus from being “interesting” to being “interested”

If the thought of marketing scares you it’s because you’re probably thinking of traditional marketing ie: packaging yourself a certain way that doesn't feel authentic.

Approach all of your marketing with:

- Creativity
- Authenticity
- Experimentation
- Open-Mindedness

You might think you have to be fascinating and tell people all the great things you can do for them and hard sell on your services. Marketing becomes fun and easy when you focus on:

- Attracting vs. Selling
- Being Interested vs. Interesting
- Showing vs. Telling

The more interested you are in your clients and their stories, passions and interests, the more interested they will be in you and your services. Because when you CONNECT with people, they trust you. And once you’ve earned that they’ll want more of a connection with you.

A Show and Tell attitude is most effective when connecting with your coaching clients. First, you show them who you are, that you’re generally

interested in them and then your client will be open to what you can do to help them reach their highest goals and aspirations.

Peaking Interest with a Laser Vision Activation Session

Talking to “interested” clients about how Ideal LifeVision can specifically help them accomplish their dreams and goals as well as overcome some of their struggles is a great way to enroll people into your coaching practice.

One of the best ways to do this is to offer complimentary coaching sessions to prospective clients so that they can really wrap their mind around what LifeVision is and how it will improve their life.

The Nuts and Bolts of a Laser Vision Activation Session

Offer a Laser Vision Activation Session on your website:

Use Time Trade - <http://www.timetrade.com> Time Trade offers a 30 day trial and then pay \$50 a year.

You will receive your own unique Time Trade link. Then 1) Create a description of appointment 2) Create 1-3 questions you'd like answered by the prospective client and 3) Create the dates and times you will be available.

Use this your unique Time Trade link on the front page of your website and encourage people who stop by your website to “ Schedule A Laser Vision Activation Session NOW.

Time Trade is fairly easy to set up (about an hour or less) and you'll be ready to meet with clients. You will be emailed once a prospect schedules an appointment. Set up the appointment length for 30 minutes.

Questions I ask on Time Trade:

- What is your current greatest challenge?
- What is one goal you'd like to accomplish over the next 90 days?
- What do you hope to get out of this 20 minutes session?
- Who referred you?

Tip: Either schedule 2-6 hours per week for these appointments and keep them consistent from week to week or manually add new appointments every few weeks during your availability. Remember to block out the time in your own calendar so you don't double-book yourself.

A Laser Vision Activation Session Outline

Although in the beginning you may be nervous about this, once you get the hang of it, it's a piece of cake.

I always start the conversation with something like this:

“Hi Sarah, this is Ann Webb, is this still a good time to talk? (Their answer)

“So my first question is how did we get hooked up on here? How did you hear about Ideal LifeVision (I always ask this because I pay commissions for referrals plus I am always curious about how they heard about ILV.)

“I'm assuming you know something about Ideal LifeVision am I correct? Did you have a chance to look around the website? Would it be okay if I just took 1 minute to summarize what it is? (I then briefly go into a description of what a LifeVision is.)

“So _____ (name), take a couple of minutes and tell me about you....and highlight 1-2 goals that you'd like to accomplish in the next 3-6 months as well as your greatest challenge at the moment.”

I listen as the potential client goes over their goals and struggles. I then draw from Sample LifeVisions that are closely related to what I just heard. I explain that although the sample will be different than what they will create, it should give them an idea about how powerful it is. I emphasize the detail, the emotion, the motivation, etc.

Sometimes I use very little “sample” but instead just explain how I would create a LifeVision around those goals and those struggles if it were me. (Remembering to “flip” the challenge and go over the top with motivation.)

At about 15-18 minutes into the conversation, I ask them what they think and if they are ready to move forward with creating their own LifeVision.

“So, Sarah, What do you think? Are you ready to create your own Ideal LifeVision?”

Next I go into 2 (two) options (never more than 2 (two) because a confused mind always says NO). I give the details and price of each and ask them which one suits them better. In this point of the conversation I am acting like they are definitely moving on with one of the two options.

Usually they know which package fits their budget and I just take their information and process the order.

Gaining Visibility and Credibility

It is important to learn multiple ways to create visibility:

- To know how to reach a large number of prospective clients
- To know how to use your knowledge to gain credibility and awareness.

When you're tempted to think or say "I don't have enough clients" remember to ask yourself "How many people know who I am and what I have to offer?" Nobody can hire you if they don't know you exist!!

To fill your practice a lot of people need to know about you. It's the law of numbers. When your Ideal Client continues to see you over and over, they can't help but become interested. But it takes time, consistency and getting out there!! Here are a few ideas to gain visibility and credibility.

Speaking and Presentations

While these aren't as personal as one-on-one interactions, they can increase your visibility quickly by getting you in front of a lot of people at once. Speaking to groups is a great way to build instant credibility. A lot of coaches develop presenting or speaking to a professional level where they get paid to speak. But in the beginning, you typically ask to speak for free.

So the question is: How do you get opportunities to present?

One way of doing this is to design 2-4 separate keynotes, then create a postcard with the topics and send it out to civic, service and business groups, networking events, etc. Then follow up with the organizations to talk with them about scheduling a speaking engagement.

Hot topics with compelling titles will give you a better chance at getting some speaking gigs, get creative. The topic should be relevant to your ideal client and your niche market. A 20-30 minute presentation is quite simple to accomplish.

Here is a sample format for a speech:

- Introduction - Pose a question.
- Answer this question during the rest of your talk - typically providing 3 key points.
- Conclusion with an offer

Another way.....

Start with a compelling and fast paced story (This could be your personal story, a clients story, or a metaphor.) Then transition into “What is a LifeVision?” Next, create some context so that you can read a sample LifeVision so the audience can begin to wrap their minds around what a LifeVision is. Take questions throughout and end with a solid OFFER and Call to Action! Have confidence as you lead them to an offering such as a workshop, one-on-one coaching or even a complimentary laser coaching session. Always have flyers available on a back table with your business card.

A nice addition would be to collect business cards for a free drawing for something worth \$20-\$50. Pass around a sign-up sheet to gather names, emails, addresses, and phone numbers for your contact database and for your newsletter (Make sure you don't call this a “mailing list”).

Always provide valuable content so that you are not always sounding like a sales pitch and you will get receive many interested potential clients.

Writing, Blogging, and Publishing

The first question that most people wonder about when thinking about writing is “What will I write about? All of you have more expertise than you probably give yourself credit for. For starters, ask yourself these three questions: What do I feel passionate about? What is my message? What is my growing edge?

What you write about reflects who you are. Write to your Ideal Client, your niche market. Pick subjects you can write about from your personal experience and in detail.

3 Great Reasons to Write:

- Establish credibility as an expert
- Build your database as people subscribe
- Use your list to market your services on occasion.

Newsletters

Why write a newsletter? Because a newsletter is one of the single best ways to advertise to your database and clients on a consistent basis. But here's the catch.....Who wants to be advertised to constantly? Not many!

But most people will not mind if you give them a lot of good, insightful and relevant information. Thus the beauty of the newsletter. You can talk about yourself, share great tips/resources and advertise what is happening currently in your business. It's a winning combination. And the best part is.....it's FREE! As you probably know, advertising can be quite costly, but with a newsletter you can share a lot about who you are and what you're doing every month or even every week.

Brainstorm 12 Topics to Get You Started

Remember that your best bet is to focus on what you know your client's biggest problems are.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.

Tips For Writing

- Write in your own authentic voice.
- Get personal because people want to know more about YOU.
- Keep it the right length, not too long or too short, you decide what that is.
- Always offer an opportunity: a free tele-class, a complimentary session, a free ebook, etc.
- Make it professional and fun at the same time.
- Use minimal graphics so you don't distract readers.
- Use personal pictures to make it more meaningful.

E-book

Use this as a way to entice people to add their name to your mailing list. More people will leave their name and email address if there is a “free gift” involved. Because really...who needs more “junk mail” (That’s how we view “mailing lists”.)

And remember those names and emails are worth something. You will now be building a relationship with them as you send newsletters, blog updates and an occasional update on workshops, coaching information, etc!

Article Writing

I haven't done this too much, but occasionally I'll write an article for my blog that is better than the rest and I'll have my assistant submit it to the multiple places that accept articles. With just a little bit of research you can find a long list.

You can also use the same article when you're a guest blogger - another way of expanding your circle a bit wider by getting to people that you normally wouldn't be exposed to.

Blogs

Blogs are very successful because they build a community for you to share your information and expertise. Most marketing experts will suggest that you have a blog on your front page and not just static content. Blog style websites are also recommended. The home page is always fresh and relevant with new blogs being posted regularly.

Decide how often will you write in your blog? Daily is nearly impossible to maintain, even 3 (three) times a week can be tough. One to two times a week is ideal and posting consistently is the KEY - a critical key! You may not see results for the first while, but you most certainly will if you write good content and are consistent. www.successfulblogging is a great blog resource.

When you're setting up your blog, you will need to use "tags" and "categories" such as Motivational Articles, Success Stories, and Resources, highlighting a "tool" or "service" that you want to share.

Video Content

3 Types of Successful Video

- 1) Video Blogs: Sometimes you just have the time to sit down and type out a blog post. When you have something to say and you need to get it out there fast (and you're having a good-hair-day), a blog video is the perfect way to have it online within 15-20 minutes. A phone, a Flip-type camera on a tri-pod or even an iPad. TIP: Have a general idea of what you want to say and then just go for it. Be REAL and don't try to be a perfectionist or it will take all day and then it will be much slower than typing it out.
- 2) Success Story Videos: Whenever a client shares a success as a result of their Ideal LifeVision, ask them if they would like to share that on

video, most clients are happy to tell about success they are creating in their lives. These Success Stories are best kept less than 1 (one) minute.

- 3) Professional Video: Everyone has a “brother-in-law” that makes videos. These types of videos have their place perhaps, but nothing can compare to a top quality video that highlights you and the results of Ideal LifeVision. Unfortunately, high quality videos can be quite expensive to produce. Compare prices and get referrals and invest in quality video production work for the best results.

Your Coaching Website

Your website is your opportunity for people to get a better feel of who you are and what you do before they speak with you. Suzanne Evans says that the largest mistake you can make in your website is trying to make it so professional that it's not personal. Remember that clients hire you not only for solutions but because of the relationship as well. Your personality should be reflected in your website. (So don't make it look “corporate” since you're not!) Make sure it gets to the heart of who you are.

If this topic scares you, it's probably because you are envisioning a website that has way too much information. Keep it simple is the best idea. Everyone's website will vary a little because it needs to feel right for you.

5 Very Important & Basic Website Facts

1. A Home Page. After researching the websites that are “converting” the most sales and communication, using “attraction” questions is what's doing the trick. Use a nice clean and simple layout. The minute you click on the website, within 3 seconds, you should get who you are and what you do. Your name, tagline and questions should “POP !!”.

2. Page Two: This can be one of 2 (two) things - How I can Help or My Services. On this page, you just want to be clear on what you have to offer and how you can solve their problems. Think of it as a solution page. This is where you put 1-3 different ways of working with you - your coaching packages.
3. Page Three: About You Page. This is your opportunity to talk about yourself. The biggest mistake you can make is to create a bio or a resume. Go for the compelling story instead. And you have one so put it there! This is where you should get highly personal and weave in personality with professionalism. Add a unique picture or two of yourself. Get some “family” in there as well.
4. Page Four: What is a LifeVision?
5. Page Five: Success Stories or Testimonials

You don't have to spend thousands of dollars to get a website up. It can be professional and still be a basic website. Once you have your basic website up there will be different things you'll want to add as soon as you can: You may need a webmaster to coordinate and integrate a merchant account, email list providers, capture systems with auto-responders.

Social Media

Using social media in your business allows you to develop a relationship with your potential clients. You can post witty, personal, special, or funny blogs and videos for your clients to see and after a while they begin to see your business as a friend. The relationship you develop leads to loyalty.

Not only will you form relationships with your clients and potential clients, but it is a great place to announce new workshops and Laser Vision Activation Coaching Sessions or just to let everyone know how important

they are to your coaching practice. You can also post your blogs and video testimonials on YouTube, Facebook, etc.

When directly promoting your business on social networks, take care not to over-do it. The ethic of social networking is to serve others more than you market yourself. The community will punish users who cross that line - I've seen it happen! Even though your blogs and videos may be full of useful information, promoting them in your status updates counts as marketing yourself.

So, promote your posts only on networks where you are actively interacting with and serving your audience. Hold your self-promoting updates to less than 20% of your overall activity on the network.

There's an exception to this rule when you have a blog post that directly answers another user's question. In that case, linking to your post is about answering the question, and this counts as service.

Joint Ventures

What is a Joint Venture or JV?

A joint venture occurs when two or more businesses come together to create something of mutual benefit. The purpose of a joint venture is two-fold:

1. Serve common markets in a unique way that wouldn't be possible individually.
2. Advance and accelerate the growth of each of the businesses involved.

The ultimate definition of a successful joint venture is when at least 3 (three) parties benefit: you, your partner AND your clients.

What are the 5 Most Important Criteria in an Ideal Joint Venture Partner?

1. The same or similar target audience
2. Someone who has something you want: time/sweat equity, content/ expert knowledge, money, clients, tools and infrastructure, staff, a large customer database, etc.
3. Someone who wants something you have: time/sweat equity, content/ expert knowledge, money, clients, tools and infrastructure, staff, a large customer database, etc.
4. Someone who already understands the benefits of joint ventures and/or has experience following through
5. Accessibility and good communication

Examples of good JV's with Ideal LifeVision Coaching

A Joint Workshop where you both train.

Create an "event" where you both speak

Swap being Guest Experts on BlogTalk Radio or other Tele-Call

Create programs with other coaches

Have a stringent criteria so that you don't end up doing a Joint Venture that isn't profitable and/or too time-consuming. And a bit of advice, you don't have to do a JV with everyone that asks! Set your "criteria" and stick to it, but be open to possibilities. You may be surprised at where you are in a mere 6 (six) months or a year. As you expand your services, become more confident and realize that you have something truly valuable to offer opportunities will come to you...and you will be ready for them.

Workshop Resource

1 Day LifeVision Workshop Timeline

Introduction

- 8:45 Gather and Mingle - Snacks
- 9:00 Introduction to Ideal LifeVision
- 9:25 Universal Laws and Principles
- 9:45 8 Steps to Writing a LifeVision

- 10:05 Break

Spiritual LifeVision 10:15 - 11:15

- 10:15 Introduction & Samples
- 10:35 Writing Spiritual LifeVision

Relationships LifeVision 11:15 - 12:30

- 11:15 Introduction & Samples
- 11:40 Writing Relationships LifeVision

Lunch 12:30 - 1:15

Health and Physical LifeVision 1:15 - 2:15

- 1:15 Introduction & Samples
- 1:35 Writing Health and Physical LifeVision

Professional and Financial LifeVision 2:15 - 3:30

- 2:15 Introduction & Samples

2:45 Writing Professional and Financial LifeVision

Personal Development 3:30 - 4:25

3:30 Introduction & Samples

3:45 Writing Personal Development LifeVision

FOCUS & Recording 4:25 - 5:30

4:25 Music

4:35 Listening

4:45 Updating

5:00 Recording

5:15 Closing and Upsell

1 Day Workshop Outline

Welcome & Introduction

1 Hour

Introduction

20 Minutes

Give the participants a brief outline of what the format will be during the workshop.

It is important to share the benefits of Ideal LifeVision as soon as possible so that the participants are excited right from the beginning.

Open with a few questions:

Who's ready for more clarity in their life?

Who's ready to grab onto that ever-elusive Ideal Life and really start living?

Welcome to the Ideal LifeVision Workshop. I'm _____ and I'm incredibly excited about today!

I want to promise each of you today that if you play full-out - 100% - you'll have more clarity and focus than you've ever had before. You'll have a Roadmap - a Blueprint - and a Vision of exactly what you want your life to be like and you'll experience shifts and breakthroughs like never before. Share some examples of past experiences with these shifts and breakthroughs.

Share your personal thoughts and ideas about what makes this workshop different than most.

Share your own Ideal LifeVision success story.

Share other Ideal LifeVision success stories.

So . . . What IS a LifeVision?

Share what a LifeVision is in your own words, expanding on CLARITY and FOCUS.

An Ideal LifeVision is a minutely detailed personal mission statement, a declaration of intent, or manifestation that includes The 5 Key Areas of Your Life.

- 1- Spiritual
- 2- Relationships
- 3- Health and Physical
- 4- Professional and Financial
- 5- Personal Development

Your LifeVision is first created in writing either on paper or with a computer in each of The 5 Key Areas of Your Life. It is then fine-tuned until it feels complete and represents a genuine expression of your ideal life. Your LifeVision is recorded using your own voice because your own voice is your most believable voice. Specific music is added to the background. The finished recording is then downloaded onto your iPod or a CD. You then listen to your recorded LifeVision daily.

The process of listening daily to the ideal life you are creating is incredibly powerful. It is a cause in motion that literally activates and attracts the things you desire into your life. Your recorded LifeVision puts your ideal life on the front burner daily, thus integrating these dreams and aspirations into your life swiftly and efficiently. By listening to what your ideal life looks and feels like daily, you begin taking steps in that direction immediately.

Because of the unique recording method used with LifeVision even when daydreaming or not particularly listening to your LifeVision, your subconscious mind still hears it and responds.

The Universal Laws and Principles that support HOW and WHY Ideal LifeVision works.

20 Minutes

Pick 3-5 of the following Universal Laws and Principles to share with your own thoughts and ideas. See “Creating Your Ideal LifeVision” manual for complete content.

The Law of Attraction

The Law of Attraction states that what you focus on with emotion and belief, you will attract into your life. This Universal Law demonstrates how we create the things, events, and people that come into our lives. Our thoughts, feelings, words, and actions produce energies, which in turn attract “like” energies. Negative energies attract negative energies and positive energies attract positive energies. The Law of Attraction is at the very core of Ideal LifeVision. By listening to your recorded LifeVision daily, you are indeed focusing on exactly what you want to attract into your life.

The Law of Cause and Effect

The Law of Cause and Effect often referred to, as The Law of The Harvest is an important factor to consider in creating your ideal life. The simplest definitions “What you put into it . . . you get out of It.” or “You reap what you sow.” clearly illustrates the idea that there is something more than just asking for something to happen in your life. James Allen teaches, “Sow an act, and you reap a habit. Sow a habit and you reap a character. Sow a character and you reap a destiny.”

The Law of Cause and Effect states that nothing happens by chance. Every action has a reaction and we “reap what we have sown.” The results of your life thus far are a direct result of the kinds of thoughts and ideas you put into your mind, these thoughts and ideas are directly related to the growth of your attitudes, beliefs and results.

The Law of Gratitude

The Law of Gratitude states that we are more aware of the positive aspects of any situation if we have an open and grateful heart. Gratitude is a very powerful force for creating good things in your life, when it’s properly applied. Financial prosperity, loving relationships and inner peace are some of the common results. The Law of Gratitude will keep your mind focused on the good rather than the bad. You can think more abundantly by having gratitude.

Many highly successful people recognize that The Law of Gratitude is a powerful force for creating good things in your life such as financial abundance, rich relationships and abundant health. In Wallace Wattles’s book that inspired the creation of “The Secret”, The Science of Getting Rich, Wattles teaches: “There is a Law of Gratitude and if you are to get the results you wish to see, it is absolutely necessary that you should observe this law.”

The Wheel of Life

The Wheel of Life is a pictorial metaphor of the balance within your life. It is called the Wheel of Life because each area of your life is mapped on a circle, like the spokes of a wheel. The Wheel of Life is a powerful visual representation of the way your life is currently and reflects a clear view of what you can change to create the life you desire.

To roll along smoothly and move ahead in life begin by setting goals in The 5 Key Areas of Your Life. Write down the actions that will steer you towards

your ideal balanced life in each area. Often by selecting a single action or goal, the hub of that single action can provide centered growth as it radiates to more than one area of your life. This single action or goal can ignite the power to create a spherical wave of growth and influence in your magnificent life.

Be-Do-Have Paradigm

The Be-Do-Have Paradigm is shifting. Many people have learned and believed the idea If you DO study hard in school, you can HAVE a good job, and therefore BE successful. Consider this instead, if we can see/feel/ imagine ourselves where we want to BE, then we will be inspired to DO the things that will allow us to HAVE all that we want.

This Be-Do-Have principle is successful in reaching goals and hopefully will inspire you to start living the life you truly want today, without waiting until you have everything in place before you start living the life you really want to live.

Create your new reality by using this simple principle. Be clear about where you want to BE, then you will be inspired to DO the things that will allow you to HAVE all that you want. Clarity is empowering, as Thoreau invited, “Go confidently in the direction of your dreams.” Creating a clear image of an end result empowers its achievement. Once you clearly SEE it, you will BE it, and DO it, and in due course, you will HAVE it.

The Power of Clear Intention

It may seem obvious but the most important requirement to having what you want is clearly knowing what you want. Most people can give a detailed list of what they don't want, but not many can actually articulate in minute detail the things they truly desire in their life. Taking the time to carefully consider your greatest desires is of significant importance. Setting goals with clarity ignites an inner compass that guides your focus on purposeful

living and joyful fulfillment, attracting into your life all of the things you envision.

The Power of Writing

Writing your goals and dreams is like telling the Universe you are in the game. In her book, *Write it Down, Make it Happen*, Henriette Anne Klauser teaches that “The simple act of writing down our goals and desires is what unlocks the floodgates to abundance.” This book confirms the scientific truth that setting intentions, focusing on their outcome, being clear about what you want in life can make your dreams come true. The first step in making those dreams come true has to be intentionally writing your goals.

The Reticular Activating System

Writing your LifeVision alerts and activates a part of your brain, known as the Reticular Activating System (RAS) that you are ready to be in the game, to play full out.

What is RAS and how does it play into the process of achieving goals? The automatic mechanism of the RAS inside your brain will bring relevant information to your attention. Your RAS is like a filter between your conscious mind and your subconscious mind. It takes instructions from your conscious mind and passes them on to your subconscious.

For example, your RAS may give your brain instruction to wake me up if the baby cries or stirs. You may be a sound sleeper and sleep through most anything but if you hear your baby cry your RAS is activated and you awake.

There are some interesting points about your Reticular Activating System that make it an essential tool for achieving goals. The RAS is like a filtering system of the brain; writing things down sets up the filter. Things start to appear . . . it's a matter of your filtering system.

The Power of Your Words

But what makes some words more powerful than others? Some words have power because of their meaning, others because of the vibration they produce, and others because of the influence of whomever is speaking them.

Words also have power to vibrate through different parts of our body. There are words that echo in the heart, and there are others that do so in the head, and again others have power over the whole body. Words are capable of creating emotions and can cause one to feel elevated, escalated or calmed.

The Power of Music

One of the most distinctive and unique features of creating your LifeVision is that it is recorded with your own voice and listened to daily. But even more intriguing is that it is recorded with music in the background and more specifically, Accelerated Learning Music. More detail will be given later during the recording section of the workshop.

8 Steps to Writing Your LifeVision 20 Minutes

Step #1 - Identify Your Goals

Identify your goals in each of The 5 Key Areas of Your Life. Participants should complete this step prior to coming to the workshop.

- 1- Spiritual
- 2- Relationships
- 3- Health and Physical
- 4- Professional and Financial
- 5- Personal Development

Step #2 - Dig Deeper

Look at your list and ask yourself about each of the things you have listed . . . “What do I mean by that?” Make the answer clear enough that you know exactly what you mean. Keep asking yourself questions . . . ”What else do I mean by that?” Keep asking the same question until you have answered all you can and can go no further.

Here is an example using the bullet point “Learn to play the harp” listed in the Personal Development area.

Learn to play the harp

Ask Yourself: How am I going to learn to play the harp? Answer: Take lessons from Cynthia Douglas.

Ask Yourself: Where will I get a harp? Answer: Rent a harp from Lyon and Healy for 6 months while I save the money to buy a harp in December.

Ask Yourself: How much time can I dedicate to practicing? Answer: Practice everyday for 1 hour.

Ask Yourself: Would I like to perform with my harp? Answer: I would like to play in church.

Ask Yourself: What would I like to learn to play? Answer: Learn 15 songs from memory including 3 songs from Phantom of the Opera.

Step #3 – Turn the Expanded Details Into Sentences

In this step, take your answers to “What do I mean by that?” and turn them into sentences. These sentences should reflect exactly what you want to accomplish and should be a visualization of the ideal you. Your brain cannot lock onto a goal unless the goal is clear and specific. Your brain thinks in pictures.

Example

I take weekly lessons from the renowned Cynthia Douglas and love the sound of my new Troubadour rental. I can't wait to practice every morning at 10:00 am. I practice each song 3 times along with my scales. By July I am ready to play in church! I have learned 15 songs from memory by August. For Christmas I purchase my dream Celtic harp.

Step #4 - Find Your Motive

Sprinkled throughout your expanded sentences or paragraph should be your motive. Simply put, your motive is "WHY" you want what you have just written. Typically your motive is how it will feel to accomplish that particular goal. Visualize yourself as if you have already reached your goal and describe how you feel having already attained it. This exercise is crucial in the success of your LifeVision.

Your motive or "WHY" is the real power in your LifeVision. You are reprogramming your expectations and this takes powerful, emotional motives to accomplish. If you can't identify a powerful motive, then your goal is either not stated clearly enough, or it is not as important as you thought. Ask these questions . . . "Why do I want this?" "How will I feel when I have accomplished this?" "Why is this important to me?" Dig deep enough to find your real and true desire for wanting to accomplish this goal. The authentic reason for wanting to accomplish a specific goal may take some deliberate and honest heartfelt thinking to discover. Take the time to find out your "Why" is, it will make all the difference in the world.

Here is a sentence example using again the bullet point "Learn to play the harp" The "Why" or Motives are highlighted in **BOLD**

Example:

I love being a harpist. I take weekly lesson from the renowned Cynthia Douglas and love the sound of my new Troubador rental. **The harp is an amazing instrument. The strings resonate within my heart creating peace and healing.** I can't wait to practice every morning at 10:00 am. I practice each song 3 times along with my scales. By July I am ready to play in church! I have learned 15 songs from memory by August. **For Christmas I purchase my dream Celtic harp. The peaceful songs bring a calming influence into our home.**

Step #5 - Check for Negative Statements

It is common when thinking about the goals we want to achieve to state those goals from a negative approach. We may write them from a perspective of what we don't want. Check your writing for any phrases or sentences that reveal a negative tone such as: "I never want to" or "I don't" or "I shouldn't."

Here are some examples of sentences that contain seemingly innocent phrases.

In my relationship with others, I am never critical.

I avoid gossip and being judgmental.

I have given up smoking.

I never eat processed foods or white sugar.

Because I exercise, I don't have love handles anymore and my joints don't hurt.

Your brain sees in pictures, in this example all your brain sees is . . . smoking, processed foods, white sugar, love handles, and joints that hurt!

Be careful with your word choices. You do not want to attract what you don't want. Attract what you do want into your life by choosing your words consciously. Replace any negatives words or phrases with a positive words and phrases such as: "I always" "I do" "I am committed to"

Mind/Brain science clearly shows that we are far more motivated by a powerfully positive reward or outcome than avoiding a negative one.

Step #6 - Write in The First-Person

Your LifeVision is your map or guide for your own ideal life. No one else will be looking at it, reading it or listening to it so there is no reason for it to contain instructions for anyone else. Unfortunately, you cannot control the actions of others or rely on them to make your goals and ideals a reality. However, you can change your own reactions and responses to any given situation or person. By declaring how you will view or treat another person, regardless of the way they treat you, the outcome and ripple effect can be powerful enough to instigate the change you desire.

Example:

Instead of writing: “My husband treats his family with respect.”

Substitute: “By showing respect to my husband, he likewise shows respect for others.”

The difference between the sentences is your connection and involvement. Your LifeVision is about you and the variation in the second sentence makes that connection.

Step #7 - Develop Your Action Plan

Some goals require a “Where” “When” “By When” or “How” to fully achieve that goal. While your goal and your motives are particularly important, the action plans details, the “How” “Where” and “When” will be needed to add to the visualization. These actions are essential to the accomplishment of your goals and aspirations. When your actions are in alignment with your intentions, results will happen.

Here is an example using the bullet point “Participate in a triathlon” in the Health and Physical area:

Participate in a triathlon

I participate in 3 triathlons in this summer: Echo, Jordanelle, and Ogden. I medal in at least 2 of them. My times are all under 3 hours. From May 1 to Sept 15 I spend a minimum of 12 hours per week training. I work out 6 days a week from 6:00 am until 8:00 am. I have a detailed workout that I have designed and I keep a log of my progress. I love to push my body. I am kind to it and it serves me during competitions. M-W-F I swim 1 mile and run 6.5 miles. T-Th-S I ride my bike 25 miles and then run 30 minutes with the goal of increasing my distance each week. I love training and love the feeling of accomplishment I get when I cross the finish line. I feel very athletic.

Sometimes you don't know the particular “How” something will occur. An example of this may be that you are planning to land a job in the communications industry. You know that you want to be a reporter for a news station, but you're not exactly sure which station, or even what city. All you know is that it's really important to you. In this case you would just be very specific about the details of what you love about your job as well as the motive or “Why”. Affirm it in the present tense, as if it were already accomplished and let the Universe line up the rest.

Another note: Be careful not to overload your LifeVision with too many “How” “Where” “When” “By.” Be selective in including action steps and calendaring activities. There are a variety of task managers available that can assist you in creating the “Where” “When” and “By” of any goal you wish to reach.

Step #8 - Write in the Present Tense

Check your LifeVision sentences and statements to make sure they are written in the present tense. It's quite common to slip into writing in the past

or future. Review your final version and look for any sentences or phrases that are not written in the present tense and change them for maximum effectiveness.

Example:

Instead of writing: "I will make \$100,000 by December 31."

Substitute: "I make \$100,000 by December 31."

Instead of writing: "We went to the Bahamas in March." or "We are going to the Bahamas in March."

Substitute: "We go to the Bahamas in March."

10 MINUTE BREAK

Section 1: Spiritual LifeVision

The Importance and WHY of creating a Spiritual LifeVision

Share your adaptation of the following:

The instinct within each of us recognizes our God given gifts. At our essence, at our core, in our quietest moments, we can embrace the greatness that lies within each of us. Our true nature and relationship to this greatness and to the rest of existence defines our own unique spirituality. Each individual finds their spiritual connection and beliefs in their own way. To all, it is blissful, natural, and unmistakable.

Whatever your own spiritual core beliefs, values or traditions may be, spirituality is found at the center of our lives, everything in our lives radiates from our spiritual core. If our spiritual center is non-existent or is not functioning properly other areas in our lives will be slowed or halted. The wholeness of our ideal life is built upon our spiritual beliefs.

The best LifeVision is a combination of both Doing and Being. A LifeVision shouldn't just be about doing, doing, doing or it will feel like nothing more than a glorified to-do list. So include what and who you want to BE in all areas of your LifeVision especially in this section.

Ideas of what to include in a Spiritual LifeVision

Who and What you want to BE
Your Character Traits
Your Spiritual Gifts and Talents
Your Integrity
What Do You Stand For
What is Your Purpose
What is Your Passion

Introductory Paragraph

Share your adaptation of the following:

The first words contained in your LifeVision introduction paragraph should reveal your purpose or the overall vision of what you wish to create in your life. Your purpose defines why you showed up here in the first place, what you were born to do, who you want to be, who you want to help, what you want for yourself and others. When writing your introduction paragraph the words should come from your heart. It's up to you to decide what you want to accomplish. Concentrate on your strengths, not your weaknesses.

Examples:

I love life! I can't wait to jump up from bed each morning at 5:30 am. I have the most amazing life! My life is perfect. I am so incredibly grateful for all that is mine, all that I am and all that I am becoming. I radiate an energy that is very positive, peaceful and loving. I know my life's purpose and it

feels good to follow the path I have created in partnership with God. I feel satisfied, capable, and excited as I fulfill the measure of my creation

I am a unique source of light, an instrument in God's hands, empowering others with the tools and vision they need to create divine change. I am in sync with my true purpose in life and I own it. By inspiring other to be their best self I reaffirm my own purpose.

I am unique and have been blessed by God with special gifts, talents and abilities that were only given to me. I always see the greatness in all things. I have been blessed with the gift of love that radiates from my being.

My spirituality comes from the very core of who I am. I know I am the offspring of God. I am connected to and aware of my higher self and my intuition guiding me in all directions and aspects of my life. I live and exist in a higher vibration and am very close to God.

I Am Statements

An I Am Statement is a declaration of what you want to become.

Examples:

I am an influence in the lives of people I come into contact with because I am authentic. I am optimistic and I live in the knowing. I am light and truth. I am love. I am passion. I am courage.

I AM a leader. I AM my word. I have a tremendous passion for life. I AM authentic. I live in gratitude. I trust myself & others. I GO FOR IT!...with enthusiasm and passion. I live life to the fullest. I have humility and I can say I'm sorry. I am grateful and always have a prayer of gratitude in my heart. I am Kind. I am Honest. I am charitable.

Ways in which you connect with your source of spirituality.

Prayer

Meditation

Reading Spiritual Literature

Reading and Studying Sacred Writings

Spending Time in Nature

Writing in a Journal

Attending Church, Temple, Synagogue etc

Serving the Poor and Disadvantaged

Practice Gratitude

Examples:

I know the powerful effect gratitude has in my life and practice the act of gratitude daily by keeping my gratitude journal. I record five things I am deeply grateful for every day. Because I am aware of what I am grateful for I easily allow more amazing things, events, people and opportunities to come into my life.

I love giving service to others. Daily, I share something of myself . I find many opportunities of creating value for others. I find a way to be in-spirit.... I find little things I can do to lighten others burdens. I am very open to opportunities of serving others.

I feel connected and spiritual by praying every day - morning and night- and communicating with God about all things throughout the day as needed. I pray with a deep sense of love knowing that He loves me completely and guides me in all things.

Creating a Morning Ritual

Share your adaptation of the following:

Some individuals find the quiet early morning a sanctuary for gaining spiritual insight and direction. The stillness of the morning is in harmony with a clear and peaceful mind when reflecting on our own unique purpose and path. A time before the business of the day gets started. Others find evening is the ideal time to reflect on the day, to pray for strength, guidance, wisdom, and clarity. Some find reflecting and practicing their spiritual beliefs fulfilling both morning and evening. And some still, use mindful practices throughout the day or when a stressful event is anticipated to bring peace and calm to the situation.

Examples:

I stay connected and feel spiritual by praying, meditating, and reading scriptures or other uplifting literature every morning from 6:00 - 6:30. I pray for my children every day and the guidance I need to assist them in living their best life. I feel a sense of peace when I pray and meditate, knowing that I am on path and purpose. I take the time to read and understand my scriptures and have a deep understanding of them and their meaning in my own life.

I awake each morning at 6:00 to have my own personal reflection time. I use this time to read spiritual books, pray, meditate and write in my journal. It's easy for me to get up early because of the benefits I receive from being consistent in this practice. I feel completely centered and ready to start my day as I feel that connection with God through my reading. I apply what I am reading and feel happy that I am becoming the person I want to be. I record my thoughts in my journal and the writing flows. I spend 10 minutes in prayer and meditation just being in the "knowing".

Read this full sample of a Spiritual LifeVision

I am inspiration. My spirituality comes from the very core of who I am. I know that I am Child of God and I live up to the light and truth that is in me. ... A powerful example of personal transformation and dedication. I rise each morning filled with energy and enthusiasm for the day. I thank God for the gift of this day and for the value that I am creating for others. I embrace the unknown of each day and am grateful for the wonderful opportunities that are bestowed upon me.

I am constantly improving my conscious connection to God through daily meditation each morning at 6:30 for 20 minutes. Meditation brings me peace and clarity, allowing inspiration to flow through me while keeping me centered and focused on my spiritual essence. I follow each meditation with 10 min. of reading from an inspirational book such as *The Prophet* by Gibran Khalil. These readings are uplifting and give me many ideas to ponder and examples of how to live my life. I also listen to my Life Vision recording each day on my way to work and am receiving all good that is coming to me through it. Each time I listen to this recording I feel inspired to greater things by living in harmony with Universal Laws. As a result, I am a deliberate creator, manifesting my ideal life in my physical reality.

I follow my heart and inner guidance at all times, trusting in my higher self. I appreciate and marvel at the abundance of nature and use nature as a constant reminder that I live in an abundant world. I am conscious of the continuous stream of well-being that is flowing through me and that is me. I love myself and therefore have unconditional love for others. I see myself in everyone and everything, always knowing that we all originate from one creative Source. I feel a great sense of gratitude and joy each time I give to others. And the more I give the more I receive in return. I am conscious of my feelings and use my feelings and emotions as guidance to know when I am aligned with The Universe. I am focused solely on feeling love, joy and peace in my life. I am a value creator. I am pure potential, a limitless spiritual being having a physical, human experience. I feel a deep sense of

peace and harmony in my life. I am open to what others believe. I am compassionate to others. I live my life on Purpose. This gives my life meaning. I am filled with gratitude for all that is. This attitude of gratitude fills my life with joy and bliss. I love my life.

One of the gifts of the spirit that I enjoy is the visitation of angels and of departed spirits who aid and assist me in my efforts. These angels are near me constantly and I call on them frequently for assistance. I also enjoy the gift of intuition and inspiration. I receive personal revelation in times of need. This personal revelation comes in the form of my natural knowing. I feel distinct impressions from God. This is a gift that comes easily and naturally.

I AM a leader. I AM my word. I have a tremendous passion for life. I AM authentic. I live in gratitude. I trust myself & others. I GO FOR IT!....with enthusiasm and passion. I live life to the fullest. I have humility and I can say I'm sorry. I am grateful and always have a prayer of gratitude in my heart. I am Kind. I am Honest. I am Charitable.

Answer any questions about writing a Spiritual LifeVision.

**Participants will now write their own Spiritual LifeVision
35-40 Minutes**

Interactive Activity: Each participant finds a partner. Each will take 2 minutes to each share their most powerful Spiritual LifeVision paragraph they wrote.

Section 2: Relationships LifeVision

The Importance and WHY of creating a Relationship LifeVision

Share your adaptation of the following:

We have the opportunity to develop many kinds of relationships with Family, Friends, Extended Family, Children, Spouse, Companion and Colleagues. There are many opportunities to express true kindness, compassion, love, and understanding to all that you meet or currently have relationships with.

Developing strong and genuine relationships provide companionship or a shoulder to cry on, or a partner to laugh with, or people to collaborate with. The need and desire for relationships are universal, we were all meant to cultivate and enjoy many relationships and as we create synergy within the human race, abundant joy, purpose, and serenity will resonate.

The organic desire to nourish a relationship with another is an intrinsic reminder that we are all here to lift, love, and serve each other . . . to be a constant support and a gentle haven of kindness to one and all on our journey and path. When we recognize the divine and simple understanding that we are all more alike than we are different, it is then that we have truly understood the reason for our existence.

There are several types of relationships that can be included in the Relationship section of your LifeVision. These will vary according to your specific situation. Here are some thoughts and examples of relationships you may want to include in you Relationships LifeVision. Let's break it down by paragraph so it's less overwhelming.

Spouse or Significant Other

Tending to this relationship through communication, appreciation, and sharing feelings is vital. Include in your Relationships LifeVision how you see the perfect relationship with your spouse. This is the section where you can be incredibly outward focused. Because this LifeVision is about you, it will include all the things that you can BE and DO to be the perfect mate.

Examples:

My relationship with Natalie is priceless. We communicate effectively and share common goals and traits that strengthen each other and our family. I listen to Natalie intently and understand what she is asking. I am tuned in and present when Natalie speaks. I recall our conversations and follow through on commitments that I make to her. She feels loved, safe, and inspired because of my attentiveness to her and her feelings. We feel as equals because of the respect we have for each other. Natalie and I go on dates once a month and engage in deep conversations which deepen our love for each other.

It's easy for me to remember why I married Tom because of the amazing qualities he has. I ponder our courtship frequently and it brings a smile to my face. I show my love to Tom through small acts of kindness and words of affirmation. Tom absolutely loves it when I compliment him on his hard work, what a great companion and father he is. He beams because I am filling his bucket. Because I am very aware of Tom's love language, he feels loved by me. At least every other month I take a half hour to write a LOVE letter to Tom because I want him to have something tangible that shows my love for him. This builds our marriage incredibly. Because I am making him feel loved, it's easy and natural to feel his love for me as well. He knows my love language and it's fun spending a lot of quality time together.

What if you're not married? Well . . . do you want to be? If so, consider this sample that incorporates attracting the perfect companion into your life.

"I have the perfect companion who I love unconditionally. She is so beautiful. We share the same love for health, outdoor activities, personal development and spirituality. We have a deep connection physically and emotionally. She kind and generous. She is so supportive of my sobriety,

which makes it easy for me to focus my energy on love and happiness in our relationship. We are supportive of each other's businesses and the principles that we teach our clients. We push each other to excel and grow in life and business. We compliment each other and make each other better. We have the perfect combination of independence, freedom, respect and reliance in our relationship. She loves me for who I am. We have engaging conversations where we teach each other exciting things that we are learning in our lives. Each week we have a scheduled "date night" where we go out to a nice dinner, movie or enjoy a fun activity together. This allows us to spend quality time together, focusing on us as a couple. She is my best friend. I attract this person by exemplifying all of these qualities in my own life."

Children

Spending quality time with their children is a goal of many parents. We must create . . . not find . . . time for our children. As part of the Relationship section of your LifeVision, if you have children, powerfully suggest to your mind through your writing all the ways you can be a better parent; spending more time together, showing love and affection, training and teaching, and supporting.

This section regarding children may start with a general section. This may include the kind of a parent you want to be for your child.

I am a loving mother who is in tune to the needs of my children. I balance the many responsibilities of life well. I allow my children to become self reliant and encourage them in developing their gifts and talents. I accept them and support them on their individual journeys. I do what I can to love them in the ways they need to be loved.

Next, write a small paragraph for your child or each child, mention them by name. In this paragraph, state a few qualities about this child that you particularly admire. This helps your mind focus on the positive aspects of the child. Then, write several sentences about what you can do to be a

good parent along with anything specific you would like to work on in the relationship.

Example for a younger child:

I am grateful to have such a wonderful, patient, energetic, smart boy in my life. Ryker is absolutely amazing and by looking through his eyes, I see the beauty of life. I spend time each day with Ryker making him laugh, reading books, playing with toys, and helping him grow.

Example for an older child:

I am best friends with my oldest son Ryan. He and I enjoy spending time every week. I am committed to our communication being high level. I teach him the principles I believe in when we are one on one and allow him to internalize them for himself. I am a great teacher and father to him. He is a great teacher and son to me. I golf with him on a bi-weekly basis. I take him swimming and shooting as much as he wants. I support him in his decisions and allow him to fail forward with all trials.

Extended Family

Include aspects of relationships with siblings; parents, grandparents and aunts/uncles/cousins that you feel would be appropriate. This is especially fitting if the relationship is strained and needs a new perspective to create the ideal bond.

Social—Friends, Colleagues and Peers

Share your adaptation of the following:

The social relationships we enjoy with our peers, friends or colleagues are essential. The benefits and value of these relationships bring are reciprocity and commitment between individuals who see themselves more or less as

equals. These relationships can provide an emotional resource both for having fun and support in times of worry or sadness. Invite these relationships into your life.

When writing this section, describe yourself as a warm, loving, vulnerable, approachable, open and authentic person and watch the miracles happen in your life. You can write this section with a broad stroke of what you would like these relationships to look like or specifically name someone you would like to build or strengthen a friendship with. Include the ways you would like to be with these social relationships. You can also include here any social skills you would like to develop. For example: If you are shy or introverted, visualize yourself as being confident in social situations. Maybe you'd like to be a better conversationalist or be great at remembering names. You can become anything you visualize clearly and in detail.

Share one of the following examples:

Example 1

My friends enjoy spending time with me because of the positive feelings that they experience in my presence. I compliment my friends on their accomplishments and encourage them to achieve their goals. I meet at least 1 new friend, that empowers me each week, and stay in contact with each of my friends on a regular basis. I connect well with new people in which I am building a new relationship. I am confident in my words, and know how to make others feel comfortable with me. I show gratitude to all my friends and communicate with each of them on their birthdays by sending them a card, text, or speaking with them. I am a great listener. I offer solutions to challenges only when asked. I enjoy having relationships with people from all walks of life and the lessons people are eager to teach me. I am grateful that I have relationships with many types of people and accept them for the person they truly are. Every relationship I have in my life has deep meaning and a deep connection because I am authentic and honest about whom I am.

Example 2

I am a loyal friend. I am honest and trustworthy in my relationship with others. I value and respect my friends. I treat others with love and compassion. I actively listen and seek ways to be uplifting, encouraging and supportive to my friends. I have a zest for life and always seek to find the good in others. I acknowledge the oneness that we all share and honor the brilliance and uniqueness we individually possess. I am a vibrant light who loves to inspire people. I have a beautiful smile and frequently share it. I am spontaneous, creative and funny. People are drawn to me by my positive attitude and my loving heart. I am extremely intuitive and use this gift to know specifically how to help someone. I have many friends who possess the same attributes as I do. I choose to associate with like minded people who are positive, uplifting and compassionate. I associate with those that are desirous of making a difference in the world. I gather in numbers with my friends to bring light and love to lift the Earth to a higher consciousness of a more Joyful, abundant and peaceful living.

Read this full sample of a Relationship LifeVision

My family is the center of my life and Tom is the center of my heart. Being a wife and mother are my most important roles. I love Tom so much. I enjoy the relationship we have with each other where we are able to communicate the thoughts and feelings of our hearts. We take time each night to be together, to talk about our day and also about what we are feeling. This is the highlight of my day.

Tom and I have a lot in common and I focus on this. We share the love of good music, art, books, concerts, and the outdoors, as well as traveling together as often as possible discovering the beauties of the world.

I can talk easily to my husband about anything, anytime, always being honest, clear, and appropriate. We respect each other's wisdom, spirituality, time and personal space. I give him verbal and physical

approval in public and privately. My communication skills are in tune with the Spirit. I listen with love and a deep sense of connection.

Because Tom's Love Language is service I take time each day to do something nice for him.. Sometimes it's polishing his shoes, other days it's organizing his closet or ironing a shirt. I also like to surprise him with small gifts on occasion. I love buying his favorite treat and sticking it in his car, or putting a little I LOVE YOU post-it note on his dashboard. I'm very creative in thinking up several things to do each week. And he has returned the favor which makes me feel cherished.

I love to serve my children by helping them with homework, making them breakfast and dinner and assisting them in music lessons, sports and scouts. I am home in the afternoons so I can be there for my children. I know my children are unique and have incredible talents and abilities. I do whatever I can to nurture them to realize their full measure. I look for many opportunities for one-on-one time with my children. This is a time when we really bond and connect and the effort pays off tremendously. We enjoy being together and I always ask them how things are going in their lives.

I am sensitive to each of my children's particular personalities and needs. I recognize each one for who they are. I know their individual worth. I remember and honor their likes and dislikes. I pray for them individually every day.

Jared is very forgiving and tolerant towards his sister and brothers. They look up to him and share mutual respect for each other. There is an unspoken and deep connection that he and I share when we are together.

Jason is fun-loving and makes us all laugh with his sense of humor when we are together. He has good common sense and problem-solving ability. He has been blessed with an abundant life. He is very generous with everyone and is sensitive towards others' feelings.

Rachel is very creative and artistic. She uses this talent to be independent and provide for herself. She is very supportive of her brothers and they in turn love her very much. She values and cares for her health every day.

Because I am so happy with myself, I'm happy with those around me, especially my family. My positive example and loving manner with my family creates an atmosphere of love and harmony in our home. I realize the predominant spirit in the home is a reflection of my spirit. For this reason I am always patient with my children. My children know that they can come to me no matter how they feel and can count on me being a good listener and having lots of understanding. I seek for their counsel and advice where appropriate. I know that asking my children for input adds a very special dimension to our relationship and helps us to be much closer, sharing concern for each other and being more aware of each other's needs and feelings. They are also much more receptive to advice when I do this. I am always easy to along with.

I love people and I am thankful for my opportunities to interact with those around me. I look for the good qualities in others and make a special point of giving honest compliments and praise. I am tolerant of values and backgrounds that are different from my own. I see each person as a son or daughter of God and allow that person his or her weaknesses.

I have a talent for putting my thoughts into words. When I am having a conversation with someone, I am assertive and able to say what I am thinking and feeling in a concise and interesting way, being tactful and diplomatic. I am honest and real. I listen empathetically and actively while the other person is talking, concentrating on what he or she is saying and the feelings behind the words.

I feel comfortable entertaining friends and colleagues in my home or attending social functions. I attract friends that share the same goals in life. I choose to be with people who uplift and enlighten, and learn from everyone I am around. I am fun to be around . . . spontaneous, creative,

and exciting. I am positive and happy and have an uncanny ability to attract quality people. I enjoy life. That joy is contagious to those around me.

Answer any questions about writing a Relationships LifeVision.

**Participants will now write their own Relationships LifeVision
45 Minutes**

Interactive Activity: Each participant finds a partner. Each will take 1 minute each telling their partner how they are “stretching themselves in their Relationships LifeVision, something that is a bit outside their “comfort zone.”

Section 3: Health and Physical LifeVision

The Importance and WHY of creating a Health and Physical LifeVision

Share your adaptation of the following:

When you're healthy you have more energy to enjoy and experience more in life. You are more effective and productive in your professional life. You find it easier to maintain good relationships with those you love and care about; life's experiences are more rich and full. Good health is the start of all success and joy in your life.

Some people go through life not taking responsibility for their own health. They drift along until something goes wrong then it is off to the doctor to get it fixed. Taking charge of our health is essential in creating the optimal health required to accomplish all that we desire in life.

Ideas of what to include in a Health and Physical LifeVision

Nutrition

Share your adaptation of the following:

The practice of eating a variety of healthy foods provides the proper balanced nutrition necessary for the body. The protective and vital nutrients found in healthy foods help to prevent illness and disease. It is important to have a solid foundational paragraph about good nutrition in your Physical LifeVision.

Share 1 or 2 of the following Nutrition examples:

I eat well-prepared and nourishing meals. Eating the right foods is a habit for me. I enjoy fresh fruits and vegetables. I eat fresh fish, and chicken most often and the protein fuels my body making me strong. I prefer healthy food and natural carbohydrates. I stimulate my metabolism by eating structured meals and snacks throughout the day. I prepare dinner nightly and it is fresh, healthful, gourmet and satisfying. I love drinking fresh water, and give my body all that it needs to remain hydrated. I am proud of my food choices and know that I treat my body well.

I am grateful to my body for all it gives back to me.

I typically only eat fruit for breakfast. The fruit I eat each morning is fresh and organic. It is the perfect food for cleansing my body daily. My lunches and dinners are primarily salads and veggies. I add a piece of meat or a bit of whole grain pasta or bread. I consciously eat every 3 hours and my metabolism is in high gear. I love to cook. I take 30 minutes every evening to prepare food for myself and my family. My vegetarian cookbook is always open on my counter. I am dedicated and committed to eating organically. I read daily from the Fit for Life books and am excited about my new healthy lifestyle. I am conscious about my eating and therefore conscious about every single thing that I put into my mouth. As food

choices arrive throughout the day, I stay committed and loyal to the healthy person I am.

I eat healthy foods that are well planned out and I have enlisted the help of a nutritional expert who provides me with three well-balanced meals focused on fruits, vegetables, and healthy carbohydrates that our entire family can eat. I snack on healthy things with moderation and self-control. I have a database of healthy meal ideas and I regularly pull from this database as I cook gourmet meals with ease and without thinking about how to do it. My body easily accepts these foods and I am grateful to my body for all it does for me. I have all the tools I need to cook mouth-watering meals that make my family ask for more. I am the chef of the family and cook the dinner in my gourmet kitchen using fresh ingredients I pick up several times a week from the local grocery store. I constantly cook new dishes and always look out for the next best recipe.

Exercise

Share your adaptation of the following:

Exercise has many health benefits as well; such as increasing your fitness level and helping you lose weight. An important and welcome benefit of exercise is that exercise can improve your mood and give you a general feeling of well-being. This is because of endorphins. Endorphins are a powerful hormone-like substances produced in the brain that function as the body's own natural painkillers. During exercise, there is a release of endorphins in the body that are capable of producing feelings of euphoria and a general state of well-being.

When your body is allowed to perform at its peak, it will provide a high level of strength and energy, emotional balance, a lean body that moves freely, and a sharp and nimble mind. Your strong healthy body has the ability to fight off disease and illness. You only have one body, so look after it and treat it well. Jim Rohn teaches, "Take care of your body. It's the only place

you have to live.” By setting effective physical fitness and health goals, you’ll maximize your life span and enjoy your life more too.

Share 1 or 2 of the following Exercise examples:

Through regular exercise I am able to cope with daily life and maintain my good nature and happiness. Because of exercise I have more energy, mentally stable and it makes me into a better dad, employee and person. Through exercise I am able to mentally process daily situations that arise and quickly get back to enjoying life. Daily exercise is my departure from “life” and lets me focus on me. Because of my sleep schedule I am mentally clear, quick-witted and remember necessary facts with ease. (This emphasizes the WHY)

I lift weights at Gold’s Gym three times a week during my morning exercise time at 6:30 am. I focus on my biceps, triceps, stomach, legs, and abs. I have a workout that I can easily progress through. I have six-pack abs by June that makes my wife look at me in a completely different way. Three times a week I work on cardio rotating through treadmill, stair-stepper and elliptical for 10 minutes each. When the weather is nice, I run outside for 40 minutes. In January, I hire a trainer who focuses on conditioning my lungs and vascular system, and I trust him as he takes my body to the next level.

I exercise 6 days a week and enjoy the physical benefits of stamina strength and agility well into my later years as a result of my constant conditioning. I lift weights 3 days a week and run or ride three days a week. I listen to my body and determine what it needs in terms of exercise and conditioning and am flexible with my workout schedule. (For someone who is already very consistent in their exercise and doesn’t want to be stuck in a box.)

I go for a brisk walk/jog for 45 minutes minimum Monday, Wednesday and Friday. I am increasing my distance by jogging more frequently. I can jog

continuously for 3 miles by December 31. I also work my abs every other day. I do 20 pilates style sit-ups along with 30 crunches. I am aware of my trimmer mid-section. My clothes fit comfortably. I ride the stationary bike Tuesday and Thursday for 30 minutes. I follow that by working out my upper body. I do 3 sets of 10 reps of curls, laterals, and a variety of arm workouts. I do a minimum of 15 push-ups, increasing the amount as I am able. I am noticing my arms becoming more defined and toned.

Additional Ideas for a Health and Physical LifeVision

Sports Achievement: Marathon, Triathlon, Bike racing, etc.

Example:

Starting in April I begin training for my half-marathon. Each week I run 2 short runs of 6 miles and a long run of 10 miles. This gives me the distance I need to get in shape and prepared. I am running the Thanksgiving Point half marathon on April 30. I finish in 2hrs. 15 minutes or less. I feel a sense of accomplishment and like a real athlete when I finish my half marathon with such an amazing time.

Learning a New Sport:

I thoroughly enjoy the vigorous workout I get for my legs as I spar in my fencing class that I attend on Thursday nights at the Wasatch Fencing Club. The partners I spar with are the same age as me, have similar interests in marketing and business, and are very close friends. I enter several fencing competitions and place in the top three in my age category by December. Fencing is rewarding because it makes me feel like I am in a classical time period and I am in the role of a Gentleman.

Additional Suggestions for a Health and Physical LifeVision:

A New or Updated Wardrobe
Improved Posture

Hair, Make-up or Nails Updated
Skin Improvement Treatments
Teeth Whitening or Straightened
Massage

Share 1 or both of these Health and Physical examples:

Example 1

I am a lean, muscular fat-burning machine that is filled with energy. I have a clear mind and a healthy, radiant complexion. I have perfect posture which brings me confidence. I am enthusiastic and passionate about my physical practice. This makes it very easy for me to stay dedicated to maintaining a high level of health.

Each night I get at least 7 hrs.of deep, restful sleep. I awaken each day feeling rejuvenated and alert and excited to see what the day will bring. I exercise each morning to awaken my body and prepare it for the exhilarating day ahead. I lift weights 3 days per week. I am constantly varying my routine by incorporating unique combinations of exercises that burn fat, increase my cardiovascular capacity and strength. I keep my weight lifting sessions to 30-40 minutes in order to maximize my heart rate and fat burning potential. I also walk with my dog Fritz each day. I love being outdoors with him, breathing in the fresh, clean air and taking in the beautiful surrounding mountains. This time brings me peace and relaxation each day as I focus on being grateful for all that is, allowing inspirational insights to flow through me. I practice Yoga at least 1 day each week which improves my flexibility and keeps me centered in my body. I love the combination of spirituality and physical fitness that Yoga provides. I also treat myself to at least 1 massage each month to keep my muscles loose and limber.

I get high on physical exertion such as mountain biking, hiking and snowboarding. I find time each weekend to participate in at least one of these “soul-freeing” activities. I have purchased a new mountain bike and

enjoy riding in the mountains with my friends. Exercising outdoors allows me to stay connected with nature while being social and doing something great for my body.

I eat the perfect balance of foods for my body. I eat for fuel and nutrients to keep my body running optimally and efficiently. I focus on getting most of my calories from lean protein sources, fruits, vegetables, whole grains and healthy fats. I eat mostly foods from all natural ingredients and eat organic fruits and vegetables whenever possible. My body accepts the food easily, using it effectively. I drink at least 100 ounces of fresh water daily to vitalize, nourish and refresh my body. I take high grade supplements such as multi-vitamins, whey protein, and MaxGXL. This shortens my recovery time after workouts, gives me healthy, radiant skin. I have more energy and mental clarity than ever before. My body feels amazing. I listen closely to my body and allow it to rest and recover as needed. My dedication to a balanced and healthy diet allows me to maintain my ideal body weight of 155 lbs.

My wardrobe consists of a variety of clothing that is edgy yet professional. For work, I have a wide array of perfectly fitting 2-button suits. I feel so professional and confident when I wear my suits to work. I have an assortment of shirts and ties that I can mix and match with all my suits. I also have several pairs of designer dress shoes in black and brown that pair flawlessly with my suits. I have 5 pairs of designer jeans that are a perfect fit for my body. I am confident in my physical appearance and take great pride in treating my body well.

Example 2

Physically, I have my ideal body. I am muscular, lean and very strong. My body is poised and elegant and I carry myself like a model. I feel beautiful, slim, healthy, and full of vitality. I am confident because of my appearance, which builds my self esteem.

I am so lucky to have such good genetic make up which gives me a perfectly healthy body. I burn fat easily. I have more vitality as the years go by, and I feel younger and look younger.

My day begins with reading a short chapter from The Beck Diet Solution. This book changes the way I think about eating and weight loss forever! I apply the principles of cognitive therapy to weight loss and my thoughts are different, my eating behavior is improved and my ideal weight is permanent. I take my mind off of food by staying busy, exercising & socializing.

I weigh 135 lbs. on July 31. I am a size 6 which is absolutely thrilling! I eat healthy and feel absolutely fantastic! Every morning I make my eating plan which I follow to the letter. Eating out is a cinch because there are always foods that are on my eating plan. My diet consists of fresh fruits and vegetables, lean meats, small amounts of whole grain breads and pasta. I drink a protein shake every morning. For breakfast I enjoy foods such as the breakfast burrito, fruit, eggs or oatmeal. For lunch I typically eat a salad with meat. Dinner is either fish or chicken with either pasta or a yam & veggies. I am conscious about the way I eat. I balance my carbs & proteins adding lots of vegetables. My eating is simple. In the afternoon I eat a small piece of healthy chocolate as a wonderful reward.

I take the time to go to the grocery store weekly so I always have on hand the foods I need. I take the time to prepare my food. Because of my awareness of my diet, I am incredibly lean. My body fat is below 20%. I have a very trim and athletic figure. I sleep well at night because I have already digested my food before going to bed.

I am motivated to be my optimal weight and am having incredible success. From June 15 - August 14, I lose 2 1/2 lbs weekly. My exercise program for the summer consists of the following: Twice a week I road bike with friends for 60-90 minutes. Twice a week I trail run. Once I do the short pipeline run

of 4 miles and the other time I do the long pipeline run of 7 miles. Once a week I hike a different trail in one of the nearby canyons.

And finally I mountain bike once a week for 2-3 hours. I make the time to participate in these sports. I love the fact that I get to embrace the beauty of nature while I am designing a more beautiful body. I push my body. Because I participate in exercise through these sports, I feel very athletic. I have a tremendous amount of energy and look and feel youthful. I am often mistaken for someone in their thirties.

I am a bike racer. My competition goals for this year include 3 major bike races. I ride the Little Red Riding Hood race on June 4th, the Utah Lake Century on July 28th and the Lotoja on September 8th. I compete in the Jordanelle Olympic distance with a time of under 3 hours. Yeah....I'm an athlete in every sense of the word! Wooo hoooo! I have new riding partners that I have enjoyed meeting and getting to know. It's always fun to have someone to train with!

My hair is very stylish. I use excellent skin products on my face. I have a complete set of Mary Kay make-up products and a complete set of Nuskin for my skin care . These products have taken 10 years off my face. I love the way my skin feels and looks. I have incredible posture and poise. Every week, I get a massage. This is a way I pamper myself and I'm worth it.

Answer any questions about writing a Health and Physical LifeVision.

**Participants will now write their own Health and Physical LifeVision
35-40 Minutes**

Interactive Activity: Each participant finds a partner. Each will read through their partners Health and Physical LifeVision to check for any negative statements for example:

I never eat sugar or dessert.

I limit my consumption of fast food.

I am free of disease.

Section 4: Professional and Financial LifeVision

The Importance and WHY of creating a Professional LifeVision

Share your adaptation of the following:

The joy of doing what you love that will also allow you to provide income is often a challenge to find and achieve. To be successful in finding and achieving that combination, you have accomplished what James A. Michener describes as The Art of Living:

“The masters in the art of living make little distinction between their work and their play, their labor and their leisure, their minds and their bodies, their information, their recreation, their love and their religion. They hardly know which is which; they simply pursue their vision of excellence at whatever they do, leaving others to decide whether they are working or playing.”

Success in the real world does not come by wishing for it or waving a magic-wand. It most often comes from hard work, persistence, being grateful for employment and the importance of choosing how passionate you are about enjoying each day. The importance of how important passion is to success is essential in allowing ourselves to be Masters in the Art of Living.

This section of the LifeVision involves your career and your money, how you earn money and how you manage your money. As with everything else presented in this program, financial success also starts in the mind. What thoughts and attitudes do you hold about your career and your finances? You have to first decide what you want; you then must believe that what

you want is possible and that you deserve it. Then focus on those things that you want by visualizing them as if everything you desire is already yours that all that you wish for is a current reality.

As you begin the Professional section of your LifeVision, first determine if you are working at your ideal career. Are you doing what you want to professionally? If not, it's time to work this out through dreaming, journaling, visualizing and then writing it in your Professional LifeVision. It may feel a bit overwhelming, but it can be accomplished if taken one step at a time.

If you are currently doing what you want to be doing professionally, but know there is something more, a next step to take to progress your career, ask yourself: Where would you like to be in the next year? In 5 years? What actions will be necessary to move things forward to reach those goals? Do you need additional education? Who can I begin networking with? Who are the people I need to start connecting with that are experts in the area I want to pursue? Can I improve my interpersonal or communication skills? Can I improve my leadership skills? What resources can I begin learning from that will increase my knowledge in the career I desire?

Consider these things and write the clearly defined answers to them as you write your Professional LifeVision. Keep in mind that your words will reflect the professional life you are creating or have created. Write your words as if these are a current reality.

Ideas of what to include in a Professional LifeVision

The Vision of My Profession

My company, _____ is the most elite financial firm in the United States. I live in abundance because of my alignment to principle and truth. I have unique abilities and I am a strong relationship builder on

our team. I have powerful effective communication with a call to action in every partner meeting. I choose to go to my office because I want to bring value to others. I continue to build solid relationships and allow every client in our firm to feel important. Our office consists of only self-reliant value creators.

My Daily Schedule

I arrive at the office each morning by 8:30 am. I spend the first 30 minutes checking email and voice mail and returning messages that are important. I manage my time very well. Mondays and Fridays are designated for office work, client preparation and handling personal matters. I hold all of my client meetings on Tuesdays, Wednesdays and Thursdays in 1.5 hr. time slots. My meetings begin at 9am and end by 6pm. I take 1 hr. for lunch from 12-1pm and have 10 minutes between each meeting to eat a snack, relax and rejuvenate. All client meetings are held in my office.

My Projects

I have my own personal systems in place to help me grow with my company. I have a time management system that coordinates between my laptop and desktop computers and my phone. I use my calendar and my to-do list effectively to keep me organized and productive.

I also have a filing system that is organized and effective. I research methods of filing and find one that makes sense to me. I have one of the secretaries in the office help me set up my new system and get it going.

I have an amazing system for client intake information. I talk to my colleagues to find out what they are using and get samples from them and make adaptation.....

How I Will Strengthen and Grow

With ease I tell people what I do in my career. I know I am introducing them to something that can make a drastic difference in their life!! That makes it so easy to share this opportunity with them. People are interested in my work and what I do. I feel good about the work that I provide and enjoy the benefits of helping people.

My favorite part of my business is closing the deal. I am a master at it; it comes as naturally as breathing. I understand that closing a person is merely helping them recognize that NOW is the time for decision-making. They are excited about what I've shared with them and they are anxious to continue. My potential clients are comfortable with the manner that we transition to this close. I lead them gently to CHOICE and they make the correct one for them. I have learned to master this by practicing on friends and family many times. My expertise pays off, as I not only gain a new client but also income that provides for my needs and the needs of my family.

My Motivation

My hard work pays off when in June; we purchase a brand new Master Craft PS 190. We go shopping for this family toy in April. We have our down payment of \$15,000 and can afford the monthly payment over the next 2 years. It feels great knowing that a dream purchase is now becoming a reality. My family enjoys our time together as we enjoy this new family toy.

Example:

I love my career. Being an advisor at _____ allows me to create a tremendous amount of value for my clients while living my life's purpose. I am a master networker. I am continuously meeting with networking opportunities that will refer business to our company. With ease I tell

people what I do. I know I am introducing them to something that will make a DRASTIC difference in their life! This makes it so easy to share this opportunity with them. Being a Producer, I create more in use value for my clients than I receive in compensation. As a result, I am receiving an abundance of referrals from my satisfied clients who enthusiastically tell all of their family and friends about my work.

I am dedicated to my marketing plan that consists of making at least 20 prospecting calls daily. I love making my calls each day. I feel positive and confident each time I pick up the phone. Through creative marketing strategies I set at least 1 new client appointment each day. I also attend regular networking and social events that are a great leads source for my business. As a result of my marketing and networking efforts, I am actively involved in at least 5 meetings each day on Tuesdays, Wednesdays and Thursdays with prospects, clients and networking opportunities. By April, all of my clients are coming from referrals. My clients are doctors, dentists, attorneys and business owners who all make at least \$50,000 per year and have at least \$20,000 of investable assets. My clients are positive individuals who are ready and willing to take action and responsibility for their financial lives.

I manage my time very well. Mondays and Fridays are designated for office work, client preparation and handling personal matters. I hold all of my client meetings on Tuesdays, Wednesdays and Thursdays in 1.5 hr. time slots. My meetings begin at 9am and end by 6pm. I take 1 hr. for lunch from 12-1pm and have 10 minutes between each meeting to eat a snack, relax and rejuvenate. All client meetings are held in my office. I have a clear and concise work relationship criterion with my clients. They know to be on time and prepared. This makes each client accountable and allows me to create maximum value in each meeting.

I have obtained my Series 65 license by April 1st. I can now receive additional commissions from investments. Through the success of my business, I will have my own individual office by June 1st. I love being in

my big, corner office. The view out my window of the mountains brings me peace and inspiration. It is so nice having the flat screen TV to use as my computer screen and as a client presentation tool.

Through education, shadowing and application, I have become the best at what I do. I am so confident in my unique abilities as an advisor and make a tremendous difference in people's lives.

The Importance and WHY of creating a Financial LifeVision

Share your adaptation of the following:

In addition to designing your ideal professional life, it's important that you address your finances as well. This is the area where you will decide how your money is managed. You can include in your Financial LifeVision your answers to question like these. What is the amount of money you want to make monthly or yearly? What investments will you make? How will you budget or manage your money?

Example

Financially, I'm on top of it. I am living a life filled with abundance and prosperity. Because I am financially free, it allows me CHOICE in my life. I base all of my financial decisions purely on value. This allows me to make the best possible decisions for myself and my family. To increase my financial IQ, I have hired a personal financial coach by April 1st. My coach has supported me in becoming self reliant and making my own financial decisions. I work daily to increase my financial IQ by reading books and listening to audio programs from a variety of authors. This gives me a well rounded education and a variety of different view points. Being educated allows me to prosper in any economic situation because I know how to adapt quickly to all circumstances that I am confronted with.

I successfully save at least 10% of my income. This is automatically

transferred from my checking into my Fidelity account. With this savings I have been able to purchase at least ONE income producing asset by December 31st. This asset flows monthly income of \$500 or better into my pocket. My education and passion for investing has allowed me to be extremely successful. I feel safe knowing that my financial future is secure. All of my insurance protection and investments are structured in coordinated fashion. I feel so safe and confident knowing that my financial life is planned appropriately.

I use Mint.com daily. Each morning I have my financial routine that not only includes checking on our stock portfolio but also our budget. I take 5 minutes each morning to use the budgeting tool that makes our finances extremely easy to manage. I know where I am financially and it's an incredible feeling!

I am living with an abundant paradigm. Being the master of my financial life, I see limitless opportunity in all things, knowing that there is a stream of well being constantly flowing into my physical reality.

Answer any questions about writing a Professional and Financial LifeVision.

Participants will now write their own Professional and Financial LifeVision

45 Minutes

Interactive Activity: Each participant finds a partner. Each will take 1 minute to identify and share 3-5 motive of their big WHY related to their Professional and Financial LifeVision.

Section 5: Personal Development

The Importance and WHY of creating a Personal Development LifeVision

Choose 1-3 of the following and share your adaptation:

Personal Development helps to keep our mind sharp. Research has shown that the beneficial effects of life-long learning on the brain are many including improving memory, especially as we grow older. Just like our body requires exercise to stay fit, our brain requires exercise to remain healthy. The best way to improve your memory, keep your mind sharp and developing reasoning and cognitive skills is to continually learn something new.

Personal Development invites us to gain confidence by taking on the challenge of stepping out of our comfort zone or routine by learning something new. As we continually strive to learn, we become more confident in our ability to learn and to share the information with others. We are then able to gain confidence in our selves, who we are and what we have to offer.

Personal Development helps to develop our interpersonal skills. Learning new things occur both while learning independently as well as learning with others that share our same interests. The opportunity to socialize with others while learning can help improve our interpersonal skills. When we are learning, we are engaged in life. Sharing what we know with others enhance our relationships.

Personal Development furthers our career opportunities and aspirations. Continuous learning enhances the skills we already have and provides the opportunity to learn a new skill or trade, improving your chances of career growth and advancement. The more you know about your company, the

industry, and current events, the more valuable your skills are to any organization.

Personal Development increases our ability to communicate by sharpening the skills of reading, listening and writing. These skills are essential to our ability to communicate. Communication is such a vital part of our daily lives. By enhancing these skills, we improve our ability to communicate effectively in our personal and business lives.

Ideas of what to include in a Personal Development LifeVision

Intellectual Goals:

Reading Inspirational and/or Educational Books
Graduate from College
Obtain an Advanced Degree
Earn a Certification
Learn a Foreign Language
Become more Technically Advanced
Attend Self Development Workshops or Seminars

Share 1 or both of these Intellectual examples:

I read for pleasure every night. I am reading..... I love to read because it develops my mind, I learn about new places, cultures, and ideas. I also love to read because it is great to be able to discuss literature and ideas with other people.

I have the gift of language and have the goal of learning Spanish and in refreshing my Japanese. To accomplish this I have purchases Rosetta stone. I devote a minimum of 2 evenings a week wherein I spend my time increasing my foreign language abilities.

Artistic Goals:

Learn to Play an Instrument
Singing Lessons
Painting Classes
Crafts
Photography

Share 1 or both of these Artistic examples:

I love photography. I have a very good eye for what is beautiful and photogenic. I love to take pictures of the obscure. It enables me to appreciate every day things. I also love to capture the beauty of nature in locations near and far. Because of this love my new adventure is digital photography and digital scrapbooks to show off my photography. I have an account with Shutterfly and make a scrapbook with my photos at least every quarter.

I love music and live concerts. I have a wonderful collection of CD; s which I have catalogued and have downloaded to i-tunes. I find great joy and happiness in listening to music. I love live concerts and attend two concerts every month; small venues and large venues. I enjoy broadening my knowledge and appreciation for good music; no matter what the genre.

Organizational Goals:

Time Management
Always being Prompt
Everything in it's Place
Simplifying
Organizing

Share this Organizational example:

I am extremely organized. I have a system for bills, home organization, kids schooling and work. I am timely and prompt. I manage my busy schedule and all the different things I have to accomplish at home at work because I have a system for note keeping, tasks and priorities. I am able to take this system with me to keep focused and organized on the go.

Travel Goals:

Family Vacation

Couples Vacation

Get-Away with Friends

Share this Travel example:

I LOVE to travel. Each year Scott & I plan that years weekend getaways, family vacation and our couples vacation. We are citizens of the world and have the unique opportunity to travel to many exotic lands. In the spring of 2008 Scott & I go to Costa Rica with friends. We use our frequent flier miles for this and save \$700 a month beginning in January. Then in the fall we go to New Zealand and Australia. We are open to many opportunities that come our way.

Additional Goals:

Writing

Journaling

Share this Writing example:

I maintain a blog. I blog at least once a week, sometimes more. I post pictures of fun trips, talk about new things I've learned at school, important events in my life, spiritual thoughts, or just general funny/silly things. I love my blog because it gives me a chance to journal online and it allows other people to see what is going on in my life when they don't live near me.

Share one of the following examples:

Example 1:

Personal Development is the spice of my life! This year I develop my talent in journal writing. I keep a journal bi-weekly on the experiences and feelings of my incredible life. Not only do I write down current and exciting events, but I also bare my soul with the lesson learned in life and my latest ambition. I also keep a blog that I update at least once a week. I am an accomplished writer and inspire others with my sense of passion in my web blogs. I spend an hour each morning from 5:30-6:30 am writing. My writing projects include writing for my weekly blogs, articles I send out for publishing, and for my new book. I am writing a best seller. My book will be published by the end of next year. I have a story to tell and millions of people want to pay money to read it. Through this book, I am able to get my message out to many people and effectively change lives.

One of my new exciting adventures is digital photography and designing on- line & digital scrapbooks to show off my photography. I have an account with Heritage Makers and make a scrapbook or something with my photos at least once a month. I have several cameras including my dream camera that takes excellent pictures and many programs that assist me with ease in displaying these photos. I spend several hours a month setting task to this project.

I am a voracious reader. Each evening before bed I read from several books. I always highlight and write down new ideas that I learn. Growth has always been my mantra and learning and growing is one of the most exciting parts of my life. I always have my nose in a book on relationships, financial matters, fitness, or education. I am perfectly suited to reading 3-4 books at a time.

I am a very talented piano player. I take private piano lessons bi-monthly and practice a minimum of 7 hours a week. I am always working on a classical piece, a popular or church song and one where I get to use my

creativity on my new Kawai digital piano. I take lessons from a gifted teacher who owns a Kawai digital grand.

I love to travel. Each year Larry and I plan that years weekend getaways, family vacation and our couple's vacation. We are citizens of the world and have the unique opportunity to travel to many exotic lands. This year we take the family on the wonderful experience of a Choice Humanitarian program in Africa where we are blessed to serve others. Larry and I also go on a Barefoot cruise for our 20th wedding anniversary. In April, the entire family gets to experience the Blazing Sun, warm beaches and thrilling adventures of Club Med.

Example 2:

I know that it is okay to say "No" or to say "I'm tired" or to even say "I don't want to" when someone asks me to do something. I stay in control of my time so that I am stress-free and in full control of my emotions. I schedule my time carefully and keep the commitments, which I have made.

My thoughts are disciplined which enhances my ability to always be present at the moment. I thrive on gaining new knowledge and learning new ideas in my career. After reading I summarize what I read and remember the main points. I take notes and write summaries to share with my colleagues. Because I am increasing in my intellectual capacity I recall things when needed. I like deep good imagination. I always learn one new idea each day that improves my skills and effectiveness. My mind is focused on the task at hand!

I write goals down daily and get great pleasure from accomplishing them. Throughout the day, as interruptions occur I handle them graciously and immediately return to the priority at hand. The intensity of my concentration impresses all who come in contact with me. I maintain focus!

My capacity to remember things and people's name grows every day. As I -
ing the conversation and associating with something unique about him/
hers. People are amazed at my remarkable memory.

I am improving my communication skills more each day and my family and
co-workers are amazed at how effective I am. I create an atmosphere
where people can feel comfortable and enjoy talking with me. I discuss
issues prompt- ly, which fosters mutual understanding. Others appreciate
my openness and gentle honesty and this improves my relationships with
those around me. I am calm in a crisis. I have great insight and
understanding of those I meet.

**Answer any questions about writing a Personal Development
LifeVision.**

**Participants will now write their own Personal Development LifeVision
35-40 Minutes**

**Interactive Activity: Participant will get into a group of 2-3. Each will
share their favorite paragraph from their Personal Development
LifeVision.**

**LifeVision Focus - Recording Your LifeVision
1 Hour**

Share your adaptation of the following:

The essential difference with Ideal LifeVision is all about two things...Clarity
and Focus. Up until now we have learned about the Clarity part of
LifeVision. Now we will address the Focus part, the daily listening of your
LifeVision.

Ask the question:

Why do we record and listen to our LifeVision?

Discuss the responses. The following should be discussed with the responses.

Our own voice is our most believable voice. Our subconscious “believes it” If you had to read your LifeVision everyday you probably would not follow through. By multi-tasking, listening to your LifeVision while you are driving or exercising or doing mindless work listening becomes an easy habit to develop and sustain.

The Music Used When Recording Your LifeVision

5 Minutes

One of the most distinctive and unique features of creating your LifeVision is that it is recorded with your own voice and listened to daily. But even more intriguing is that it is recorded with music in the background and more specifically, Accelerated Learning Music.

There is tremendous power in music and sound, its positive use can empower and assist people in achieving their goals. In our busy and noisy world, audio choices are often unknowingly presented, or thrust upon us. Our audio environment, whether deliberately chosen or unconsciously accepted, affects our energy and performance. Often, without being aware, we allow our days to be filled with this noise pollution that takes a heavy toll on our mental, emotional, and physical states of functioning.

Music and sound are very real forms of energy that, like other energy forms, can be controlled and directed to achieve a desired outcome. This energy has the power to do things like shatter glass, affect the functioning of internal organs, and even be used to subdue an enemy. It can also be used, among other things, to facilitate physical healing, reduce pain, treat psychological and behavioral disorders, improve one’s strength and ability to compete, and enhance the ability to develop and learn.

As reported in Ostrander and Schrader's Super Learning, research discovered that the ideal state for learning is when the brain is in a relaxed, but aware state. However by relaxed, it is not meant that the brain is asleep or non responsive, but focused and aware. It is in this state that brainwaves run approximately 8 to 12 cycles per second or hertz. This is called the Alpha state. Alpha is simply a state of mind when you are feeling calm and relaxed, similar to how you feel when you whistle a happy tune, or when you are daydreaming.

Getting into the Alpha state can be achieved in a number of ways and most of us achieve it several times during the day. At this time the mind is clear, receptive to information, and rapidly making connections, activating realizations and deep thoughts. Many AHA!' moments occur when an individual is in Alpha. Years ago when this research was beginning to be explored, scientists were startled to discover that particular types of music can bring the brain into an accelerated-learning state.

Accelerated Learning Music is also referred to as High Performance Music, Relaxation Music, or Super-Learning Music. This type of music has been found to be the ideal back- ground sound for study, focus and concentration, training, and stress reduction.

Research has shown that music at 60 beats per minute causes your brain to produce more Alpha or calmness waves. This happens on both the left brain's analytical hemisphere and the right brain's creative spatial hemisphere. When both hemispheres are engaged, the brain is able to receive more information. In addition this allows you to retrieve information quickly because the music acts as a carrier wave to long-term memory storage.

Baroque Music is an example of music that fits this description. Baroque is a style of Euro- pean Classical Music that extends from 1600 –1750. This era began after the Renaissance and was followed by the Classical Era.

Composers of the Baroque period include Bach, Handel Vivaldi, Purcell, and Scarlatti. Listening to Baroque music is a common and popular method to achieve an Alpha state.

Accelerated Learning Music speaks to your subconscious as well as your conscious mind, creating a bridge of awareness, which allows you to begin tapping into your unused capabilities. This allows additional opportunities to insure that your powerhouse subliminal mind is going in the same direction you are. With Accelerated Learning Music you will heighten the effects of your LifeVision action messages to your inner mind. While the music plays, you are in the ideal state for mental training. Accelerated Learning Music helps synchronize brain hemispheres & body rhythms creating more efficient and productive patterns.

Participants can locate many selections of Accelerated Learning Music on the Ideal LifeVision Membership Dashboard.

Recording Your LifeVision 20 Minutes

In the olden days when you wanted to record your LifeVision, it was done the archaic way of using a cassette recorder. With new technology, there are now several ways to record your LifeVision and add music with ease. Some find that recording their LifeVision becomes intimidating and delay their recording or even worse, do not record at all. You want to get your LifeVision in action and make things start happening now. There are multiple ways to record your LifeVision:

If you have an Apple Computer, you can use Garage Band which comes standard on every Mac.

If you have a PC, you can use either Audacity or The Vision Guider, which you can download from the Ideal LifeVision Membership Dashboard

If you have smart phone, you can record your LifeVision on your voice memo with music playing in the background (You wont be able to adjust the music or voice volumes.)

Show a demonstration of how to record on Garage Band.

Show a demonstration of how to record on the Vision Guider or play the Vision Guider video.

Listening to Your LifeVision

5 Minutes

When is it best to listen to your LifeVision?

Discuss the Pros and Cons of Morning and Evening Listening

Make your own list of Pros and Cons:

Interactive Activity: Ask the participants to turn to the person next to them and declare when they will be listening to their LifeVision.

Updating and ReVising Your Ideal LifeVision

10 Minutes

Ideal LifeVision is a powerful and simple tool that can be implemented daily every day for the rest of your life. Your LifeVision can provide many benefits such as maintaining good habits, to rid yourself of negative habits, to achieve a particular goal, and to progress to a new level. LifeVision is not a static document or recording but an ever-evolving vision of your ideal life as you achieve your goals and aspirations.

There are several different reasons why you would update your LifeVision.

The best reason is because you have accomplished what you wrote and recorded.

Your goal doesn't resonate with you anymore and you aren't excited about listening to your LifeVision because it's not what you want. You can change your mind about what you put into your LifeVision.

There may be things or areas that you completely forgot the first time and wish you would have included.

As you begin listening to your LifeVision, you start visualizing in more detail about what it is that you want. The "picture" becomes clearer and you realize what you've written and recorded isn't doing your goal justice. You would update your LifeVision to add more clarity, details and motivation.

You might feel there are parts that are boring or that you find irritating that you can't wait to get rid of.

You like the content of your LifeVision but the recording is not what you want it to sound like. You may have stumbled on a word, or you might think you sound tedious or speak in a monotone voice. Perhaps there are areas that you wished you had spoken with more inflection or enthusiasm.

These are normal and to be expected. LifeVision "nausea" is common with your first recording and within the first month of listening to it. Because this is your first time writing your LifeVision you will learn things along the way that will make a successful recorded LifeVision for you. Simply revise your LifeVision and re-record it, before long you will have it just right and be on your way to reaping the benefits of your efforts.

Important! It is critical that you update and revise your LifeVision as soon as possible if LifeVision "nausea" occurs. With your initial LifeVision it is particularly crucial. Otherwise, despite your intention of re-recording a ReVision, you may just stop listening, and before you know it, days and

months will have passed and no ReVision and no listening! You will find yourself back to old habits and ruts and living an unfulfilled life.

Suggest that participants record their LifeVision within 1 week and to email you when they have recorded their LifeVision.

Suggest to participants to re-record their LifeVision within 3 weeks of the workshop to iron out the “bugs” and to prevent LifeVision “nausea”.

Ask participants to email you with their first “miracle” and keep a folder of testimonials and successes to use in future workshops, speaking engagements etc.

Upsale Opportunities-Continued Coaching

15 Minutes

Practice this part of your presentation multiple times so that you can deliver it with ease and confidence. Your participants will only purchase additional coaching if they feel you are comfortable and confident in presenting this option to them and you are capable of delivering what you say you will.

Share your adaption of the following:

This workshop has given you the knowledge and led you through the steps for creating your LifeVision. You will soon be enjoying the life you have dreamed of. You have been equipped with new ideas and new ways of thinking. You may however get stuck or reach a block you don't know how to remove

It is the role of a coach to ask “Why did you say that?” “Have you thought about this?” “Would it be more powerful if you wrote it like this_____?”

A coach can see through the uncertainty and doubt to the grand and successful potential that lies within you. The coach sees what you or others

may not see. A coach is an advocate, someone who wants you to succeed and live your biggest dreams.

Present your Coaching Offer and/or Accountability Coaching and/or ReVision Mastermind Workshop.

2 Day LifeVision Workshop Timeline

Day One

Introduction

9:00 Introduction

9:10 Your Story

9:40 Universal Laws and Principles

10:00 Writing Activity & Share

10:10 8 Steps to writing a LifeVision

10:30 10 Minute Break

Spiritual LifeVision - 10:45 - 11:00

10:45 Introduction to Spiritual

“I Am” statement exercise (Interactive)

“Mindful Practice” writing exercise

Writing Introductory Paragraph Activity (Interactive)

Share Success Story

11:45- 12:00 Morning Wrap Up

12:00 - 1:00 Lunch

1:00 Summary of Spiritual

Read Examples

1:15 Write Spiritual LifeVision

2:05 Interactive

2:15 Break

Relationships LifeVision (Begin by 2:30)

- 2:30 Relationships Introduction & Writing Exercise
- 2:45 Additional Relationships
- 2:55 Interactive
- 3:10 Additional Information & Sample
- 3:30 Interactive
- 3:45 Write Relationships LifeVision
- 4:30 Interactive
- 4:40 Wrap Up

Day Two

Professional and Financial LifeVision

- 9:00 Welcome Back - Comments/Questions
- 9:20 Content & Writing Activity/Share
- 9:50 Content & Writing Activity/Share
- 10:20 Professional and Financial Example

10:35 Break

- 10:45 Writing
- 11:45 Interactive

Lunch 12:00-1:00

Health and Physical LifeVision

- 1:00 Present this Section with Interactives & Samples
- 1:30 Write Health and Physical LifeVision
- 2:20 Sabotage Tip & Interactive

Personal Development LifeVision (Begin by 2:30 - 2:40)

2:40 Introduction & Example

2:55 Interactive - Partner Share

3:05 Write

3:45 Group Share

FOCUS- Recording Section 4:00 - 5:15

2 Day Workshop Outline

Welcome & Introduction

1 Hour

Introduction

20 Minutes

(*After everyone is seated and ready to start, begin Welcome and Introduction. It is important to get into the benefits of Ideal LifeVision as soon as possible so that they are excited about it from the beginning. You'll want to share what it can do for them quickly.)

Open with a couple of Questions:

Who's ready for more clarity in their life?

Who's ready to grab onto and start living that ever-elusive Ideal Life?

Welcome to the Ideal LifeVision Workshop - I'm _____ and I'm incredibly excited about today!

I want to give you each a promise today. That if you play full-out - 100% - you'll have more clarity and focus than you've ever had before. You'll have a roadmap - Blueprint - and Vision for exactly what you want your life to be like and you'll experience shifts and breakthroughs like never before. And I'll share examples of what I'm talking about.

Go over format for the day - brief version of time line

Have Participants Introduce themselves

- 1) Name
- 2) What you "do"
- 3) Why you're here
- 4) Something interesting about you

Come up with the following and share:

- 1) What makes this workshop different than most (Use your own words)
- 2) Your Success Story using Ideal LifeVision
- 3) Others Success Stories

Share what a LifeVision is, expanding on CLARITY and FOCUS in your own words.

So . . . What IS a LifeVision?

An Ideal LifeVision is a minutely detailed personal mission statement, a declaration of intent, or manifestation that includes The 5 Key Areas of Your Life.

1-- Spiritual

2-- Relationships

3-- Health and Physical

4-- Professional and Financial 5-- Personal Development

Your LifeVision is first created in writing either on paper or with a computer on each of The 5 Key Areas of Your Life. It is then fine-tuned until it feels complete and represents a genuine expression of your ideal life. Your LifeVision is then recorded using your own voice; your own voice is your most believable voice. Specific music is added to the background. The finished recording is then downloaded onto your iPod or a CD. You then listen to your recorded LifeVision daily.

The process of listening daily to the ideal life you are creating is incredibly powerful. It is a cause in motion that literally activates and attracts the things you desire into your life. Your recorded LifeVision puts your ideal life on the front burner daily, thus integrating these dreams and aspirations into your life swiftly and efficiently. By listening to what your ideal life looks and feels like daily, you begin taking steps in that direction immediately. Because of the unique recording method used with LifeVision even when daydreaming or not particularly listening to your LifeVision, your subconscious mind still hears it and responds.

Ask if there is any QUESTIONS

Laws and Principles that support HOW and WHY Ideal LifeVision Works (20 min)

Pick 3-5 of the following and share your adaptation (20 minutes) - See Creating Your Ideal LifeVision manual for complete content.

Law of Attraction

The Law of Attraction states that what you focus on with emotion and belief, you will attract into your life. This Universal Law demonstrates how we create the things, events, and people that come into our lives. Our thoughts, feelings, words, and actions produce energies, which, in turn, attract like energies. Negative energies attract negative

energies and positive energies attract positive energies. The Law of Attraction is at the very core of what the LifeVision is based on. By listening to your recorded LifeVision daily, you are indeed focusing on exactly what you want to attract into your life.

The Law of Cause and Effect

The Law of Cause and Effect often referred to, as The Law of The Harvest is an important factor to consider in creating your ideal life. The simplest definitions “What you put into it . . . you get out of It.” or “You reap what you sow.” clearly illustrates the idea that there is something more than just asking for something to happen in your life. James Allen teaches, “Sow an act, and you reap a habit. Sow a habit and you reap a character. Sow a character and you reap a destiny.”

The Law of Cause and Effect states that nothing happens by chance. Every action has a reaction and we “reap what we have sown.” The results of your life thus far are a direct result of the kinds of thoughts and ideas you put into your mind these thoughts and ideas are directly related to the growth of your attitudes, beliefs and results.

The Law of Gratitude

The Law of Gratitude states that we are more aware of the positive aspects of any situation if we have an open and grateful heart. Gratitude is a very powerful force for creating good things in your life, when it’s properly applied. Financial prosperity, loving relationships and inner peace are some of the common results. The Law of Gratitude will keep your mind focused on the good rather than the bad. You can think more abundantly by having gratitude.

Many highly successful people recognize that The Law of Gratitude is a powerful force for creating good things in your life such as financial abundance, rich relationships and abundant health. In Wallace Wattles’ book that inspired the creation of “The Secret”, The Science of Getting Rich, Wattles teaches: “There is a Law of Gratitude and if you are to get the results you wish to see, it is absolutely necessary that you should observe this law.”

The Wheel of Life

The Wheel of Life is a pictorial metaphor of the balance within your life. It is called the Wheel of Life because each area of your life is mapped on a circle, like the spokes of a wheel. The Wheel of Life is a powerful visual representation of the way your life is currently and reflects a clear view of what you can change to create the life you desire.

To roll along smoothly and move ahead in life begin by setting goals in The 5 Key Areas of Your Life. Write down the actions that will steer you towards your ideal balanced life

in each area. Often by selecting a single action or goal, the hub of that single action can provide centered growth as it radiates to more than one area of your life. This single action or goal can ignite the power to create a spherical wave of growth and influence in your magnificent life.

Be-Do-Have Paradigm

The Be-Do-Have Paradigm is shifting. Many people have learned and believed the idea If you DO study hard in school, you can HAVE a good job, and therefore BE successful. Consider this instead, if we can see/feel/imagine ourselves where we want to BE, then we will be inspired to DO the things that will allow us to HAVE all that we want. This Be-Do-Have principle is successful in reaching goals and hopefully will inspire you to start living the life you truly want today, without waiting until you have everything in place before you start living the life you really want to live.

Create your new reality by using this simple principle. Be clear about where you want to BE, then you will be inspired to DO the things that will allow you to HAVE all that you want. Clarity is empowering, as Thoreau invited, “go confidently in the direction of your dreams.” Creating a clear image of an end result empowers its achievement. Once you clearly SEE it, you will BE it, and DO it, and in due course, you will HAVE it.

The Power of Clear Intention

It may seem obvious but the most important requirement to having what you want is clearly knowing what you want. Most people can give a detailed list of what they don't want, but not many can actually articulate in minute detail the things they truly desire in their life. Taking the time to carefully consider your greatest desires is of significant importance. Setting goals with clarity ignites an inner compass that guides your focus on purposeful living and joyful fulfillment, attracting into your life all of the things you envision.

The Power of Writing

Writing your goals and dreams is like telling the Universe you are in the game. In her book, Write it Down, Make it Happen, Henriette Anne Klauser teaches that “the simple act of writing down our goals and desires is what unlocks the floodgates to abundance.” This book confirms the scientific truth that setting intentions, focusing on their outcome, being clear about what you want in life can make your dreams come true. The first step in making those dreams come true has to be intentionally writing your goals.

The Reticular Activating System

Writing your LifeVision alerts and activates a part of your brain, known as the Reticular Activating System (RAS) that you are ready to be in the game, to play full out. What is RAS and how does it play into the process of achieving goals? The automatic mechanism of the RAS inside your brain will bring relevant information to your attention. Your RAS is like a filter between your conscious mind and your subconscious mind. It takes instructions from your conscious mind and passes them on to your subconscious.

For example, your RAS may give your brain instruction to wake me up if the baby cries or stirs. You may be a sound sleeper and sleep through most anything but if you hear your baby cry your RAS is activated and you awake.

There are some interesting points about your Reticular Activating System that make it an essential tool for achieving goals. The RAS is like a filtering system of the brain; writing things down sets up the filter. Things start to appear . . . it's a matter of your filtering system.

The Power of Your Words

But what makes some words more powerful than others? I found the answer to be that some words have power because of their meaning, others because of the vibration they produce, and others because of the influence of those using them have.

Words also have power to vibrate through different parts of our body. There are words that echo in the heart, and there are others that do so in the head, and again others have power over the whole body. With certain words, definite emotions can be escalated or calmed.

The Power of Music

One of the most distinctive and unique features of creating your LifeVision is that it is recorded with your own voice and listened to daily. But even more intriguing is that it is recorded with music in the background and more specifically, Accelerated Learning Music. We'll go into this in more detail at the end of the day when we talk about recording.

Ask if there are any QUESTIONS.

Writing Activity: 3 minutes to answer the following question:

How will consistently using a LifeVision impact my life?

Partner and Group Share

8 Steps to Writing Your LifeVision (20 min)

Step #1 - Identify Your Goals

Identify Your Goals (hopefully you already did that as part of your “homework” prior to coming to the workshop)

Step #2 - Dig Deeper

Look at your list and ask yourself about each of the things you have listed . . . “What do I mean by that?” Make the answer clear enough that you know exactly what you mean. Keep asking yourself questions . . . “What else do I mean by that?” Keep asking the same question until you have answered all you can and can go no further.

Here is an example using the bullet point — learn to play the harp listed in the Personal Development area.

Learn to play the harp

Ask Yourself: How am I going to learn to play the harp? Answer: Take lessons from Cynthia Douglas

Ask Yourself: Where will I get a harp? Answer: Rent a harp from Lyon and Healy for 6 months while I save the money to buy a harp in December

Ask Yourself: How much time can I dedicate to practicing? Answer: Practice everyday for 1 hour

Ask Yourself: Would I like to perform with my harp? Answer: I would like to play in church

Ask Yourself: What would I like to learn to play? Answer: Learn 15 songs from memory including 3 songs from Phantom of the Opera

Step #3 – Turn the Expanded Details Into Sentences.

In this step, take your answers to “What do I mean by that?” and turn them into sentences. These sentences should reflect exactly what you want to accomplish and

should be a visualization of the ideal you. Your brain cannot lock onto a goal unless the goal is clear and specific. Your brain thinks in pictures.

Example

I take weekly lessons from the renowned Cynthia Douglas and love the sound of my new Troubador rental. I can't wait to practice every morning at 10:00 am. I practice each song 3 times along with my scales. By July I am ready to play in church! I have learned 15 songs from memory by August. For Christmas I purchase my dream Celtic harp.

Step #4 - Find Your Motive

Sprinkled throughout your expanded sentences or paragraph should be your motive. Simply put, your motive is “WHY” you want what you have just written. Typically your motive is how it will feel to accomplish that particular goal. Visualize yourself as if you have already reached your goal and describe how you feel having already attained it. This exercise is crucial in the success of your LifeVision. Your motive or “WHY” is the real power in your LifeVision. You are reprogramming your expectations and this takes powerful, emotional motives to accomplish. If you can't identify a powerful motive, then your goal is either not stated clearly enough, or it is not as important as you thought. Ask these questions . . . “Why do I want this?” “How will I feel when I have accomplished this?” “Why is this important to me?” Dig deep enough to find your real and true desire for wanting to accomplish this goal. The authentic reason for wanting to accomplish a specific goal may take some deliberate and honest heartfelt thinking to discover. Take the time to find out your “Why” is, it will make all the difference in the world.

Here is a sentence example using again the bullet point –learn to play the harp. The “Why” or Motives are highlighted.

Example

I love being a harpist.** I take weekly lesson from the renowned Cynthia Douglas and love the sound of my new Troubador rental. **The harp is an amazing instrument. The strings resonate within my heart creating peace and healing.** I can't wait to practice every morning at 10:00 am. I practice each song 3 times along with my scales. By July I am ready to play in church! I have learned 15 songs from memory by August. For Christmas I purchase my dream Celtic harp. **The peaceful songs bring a calming influence into our home.

Step #5 - Check for Negative Statements

It is common when thinking about the goals we want to achieve to state those goals from a negative approach. We may write them from a perspective of what we don't want. Check your writing for any phrases or sentences that reveal a negative tone such as: "I never want to" or "I don't" or "I shouldn't."

Here are some examples of sentences that contain seemingly innocent phrases. The negative triggers are highlighted.

- *In my relationship with others, I am never critical.*
- *I avoid gossip and being judgmental.*
- *I have given up smoking.*
- *I never eat processed foods or white sugar.*
- *Because I exercise, I don't have love handles anymore and my joints don't hurt.*

Your brain sees in pictures, in this example all your brain sees is . . . smoking, processed foods, white sugar, love handles, and joints that hurt!

Be careful with your word choices. You do not want to attract what you don't want. Attract what you do want into your life by choosing your words consciously. Replace any negatives words or phrases with a positive words and phrases such as: "I always" "I do" "I am committed to" Mind/Brain science clearly shows that we are far more motivated by a powerfully positive reward or outcome than avoiding a negative one.

Step #6 - Write in The First-Person

Your LifeVision is your map or guide for your own ideal life. No one else will be looking at it, reading it or listening to it so there is no reason for it to contain instructions for anyone else. Unfortunately, you cannot control the actions of others or rely on them to make your goals and ideals a reality. However, you can change your own reactions and responses to any given situation or person. By declaring how you will view or treat another person, regardless of the way they treat you, the outcome and ripple effect can be powerful enough to instigate the change you desire.

Example

Instead of writing: *"My husband treats his family with respect."*

Substitute: *"By showing respect to my husband, he likewise shows respect for others."*

The difference between the sentences is your connection and involvement. Your LifeVision is about you and the variation in the second sentence makes that connection.

Step #7 - Develop Your Action Plan

Some goals require a “Where” “When” “By When” or “How” to fully achieve that goal. While your goal and your motives are particularly important, the action plans details, the “How” “Where” and “When” will be needed to add to the visualization. These actions are essential to the accomplishment of your goals and aspirations. When your actions are in alignment with your intentions, results will happen.

Here is an example using a bullet point from the Health and Physical life area:

Participate in a triathlon

I participate in 3 triathlons in this summer: Echo, Jordanelle, and Ogden. I medal in at least 2 of them. My times are all under 3 hours. From May 1 to Sept 15 I spend a minimum of 12 hours per week training. I work out 6 days a week from 6:00 am until 8:00 am. I have a detailed workout that I have designed and I keep a log of my progress. I love to push my body. I am kind to it and it serves me during competitions. M-W-F I swim 1 mile and run 6.5 miles. T-Th-S I ride my bike 25 miles and then run 30 minutes with the goal of increasing my distance each week. I love training and love the feeling of accomplishment I get when i cross the finish line. I feel very athletic.

Sometimes you don’t know the particular “How” something will occur. An example of this may be that you are planning to land a job in the communications industry. You know that you want to be a reporter for a news station, but you’re not exactly sure which station, or even what city. All you know is that it’s really important to you. In this case you would just be very specific about the details of what you love about your job as well as the motive or “Why”. Affirm it in the present tense, as if it were already accomplished and let the Universe line up the rest.

Another note: Be careful not to overload your LifeVision with too many “How” “Where” “When” “By.” Be selective in including action steps and calendaring activities. There are a variety of task managers available that can assist you in creating the “Where” “When” and “By” of any goal you wish to reach.

Step #8 - Write in the Present Tense

Check your LifeVision sentences and statements to make sure they are written in the present tense. It’s quite common to slip into writing in the past or future. Review your final version and look for any sentences or phrases that are not written in the present tense and change them for maximum effectiveness.

Example

Instead of writing: “I will make \$100,000 by December 31.”
Substitute: “I make \$100,000 by December 31.”

Instead of writing: “We went to the Bahamas in March.” or “We are going to the Bahamas in March.”

Substitute: “We go to the Bahamas in March.”

BREAK - 10 minutes

Section: Spiritual LifeVision

The Importance and WHY of creating a Spiritual LifeVision

Share your adaptation of the following:

The instinct within each of us recognizes our God- given gifts. At our essence, at our core, in our quietest moments, we can embrace the greatness that lies within each of us. Our true nature and relationship to this greatness and to the rest of existence defines our own unique spirituality. Each individual finds their spiritual connection and beliefs in their own way, to all it is blissful, natural, and unmistakable.

Whatever your own spiritual core beliefs, values or traditions may be, spirituality is found at the center of the Wheel of Life -The axel or the heart and soul of all areas of our lives radiate from this our spiritual core. If our spiritual center is non-existent or is not functioning properly any other movement of the Wheel of Life will be slowed or halted. The wholeness of our ideal life is built upon our spiritual beliefs. This is the Foundational Section.

The Best LifeVision is a combination of both Doing and Being. Our LifeVision shouldn't just be about doing, doing, doing or it will feel like nothing more than a glorified to-do list. So include your “beingness” in all areas of your LifeVision, but particularly in this section.

Ideas of what to put in the Spiritual LifeVision

Introductory Paragraph

Share your adaptation of the following:

The first words contained in your LifeVision introduction paragraph should reveal your purpose or the overall vision of what you wish to create in your life. Your purpose defines why you showed up here in the first place, what you were born to do, who you want to be, who you want to help, what you want for yourself and others. When writing

your introduction paragraph the words should come from your heart. It's up to you to decide what you want to accomplish. Concentrate on your strengths, not your weaknesses.

I love life! I can't wait to jump from bed each morning at 5:30 am. I have the most amazing life! My life is perfect. I am so incredibly grateful for all that is mine, all that I am and all that I am becoming. I radiate an energy that is very positive, peaceful and loving. I know my life's purpose and it feels good to follow the path I have created in partnership with God. I feel satisfied, capable, and excited as I fulfill the measure of my creation.

Writing Activity - 5 minutes

Write Introductory Paragraph

Partner share - 4 minutes

Your Beingness

Character traits
Spiritual gifts
Your Integrity
What you stand for

I am a unique source of light, an instrument in God's hands, empowering others with the tools and vision they need to create divine change. I am in sync with my true purpose in life and I own it. By inspiring other to be their best self I reaffirm my own purpose.

I am unique and have been blessed by God with special gifts, talents and abilities that were only given to me. I always see the greatness in all things. I have been blessed with the gift of love that radiates from my being.

My spirituality comes from the very core of who I am. I know I am the offspring of God. I am connected to and aware of my higher self and my intuition guiding me in all directions and aspects of my life. I live and exist in a higher vibration and am very close to God.

I Am Statements

I am an influence in the lives of people I come into contact with because I am authentic. I am optimistic and I live in the knowing. I am light and truth. I am love. I am passion. I am courage.

I AM a leader. I AM my word. I have a tremendous passion for life. I AM authentic. I live in gratitude. I trust myself & others. I GO FOR IT!...with enthusiasm and passion. I live life to the fullest. I have humility and I can say I'm sorry. I am grateful and always have a prayer of gratitude in my heart. I am Kind. I am Honest. I am charitable.

Writing Activity - 5 minutes

Create your own "I Am" paragraph

Partner Share - 4 minutes

Ways of Connecting to God, Source, Higher Self (whatever your belief is)

Praying
Meditating
Reading spiritual literature
Reading scripture
Walking in nature
Writing in your journal
Going to church, temple, synagogue etc
Serving the poor and needy
Gratitude Journal

I know the powerful effect gratitude has in my life and practice the act of gratitude daily by keeping my gratitude journal. I record five things I am deeply grateful for every day. Because I am aware of what I am grateful for I easily allow more amazing things, events, people and opportunities to come into my life.

I love giving service to others. Daily, I share something of myself. I find many opportunities of creating value for others. I find a way to be in-spirit.... I find little things I can do to lighten others burdens. I am very open to opportunities of serving others.

I feel connected and spiritual by praying every day - morning and night- and communicating with God about all things throughout the day as needed. I pray with a deep sense of love knowing that He loves me completely and guides me in all things.

Creating a Morning Ritual

Share your adaptation of the following:

Some individuals find the quiet early morning a sanctuary for gaining spiritual insight and direction. The stillness of the morning is in harmony with a clear and peaceful mind when reflecting on our own unique purpose and path. A time before the business of the day gets started. Others find evening is the ideal time to reflect on the day, to pray for strength, guidance, wisdom, and clarity. Some find reflecting and practicing their spiritual beliefs fulfilling both morning and evening. And some still, use mindful practices throughout the day or when a stressful event is anticipated to bring peace and calm to the situation.

I stay connected and feel spiritual by praying, meditating, and reading scriptures or other uplifting literature every morning from 6:00 - 6:30. I pray for my children every day and the guidance I need to assist them in living their best life. I feel a sense of peace when I pray and meditate, knowing that I am on path and purpose. I take the time to read and understand my scriptures and have a deep understanding of them and their meaning in my own life.

I awake each morning at 6:00 to have my own personal reflection time. I use this time to read spiritual books, pray, meditate and write in my journal. It's easy for me to get up early because of the benefits I receive from being consistent in this practice. I feel completely centered and ready to start my day as I feel that connection with God through my reading. I apply what I am reading and feel happy that I am becoming the person I want to be. I record my thoughts in my journal and the writing flows. I spend 10 minutes in prayer and meditation just being in the "knowing".

Writing Activity - 5 minutes

Ponder and writing down what mindful practices you would like to incorporate into your spiritual life so that you can be as grounded and connected as possible.

Tip:

Because your Ideal LifeVision is a description of the "ideal you", it should include all the great things that you already are! Your LifeVision should be a combination of both what you want to become and who you already are.

In addition, it should also be a combination of both DOING and BEING

Share a Success Story related to the Spiritual LifeVision

LUNCH

ReCap that the Spiritual LifeVision should contain the following:

Introductory paragraph
I AM paragraph
Emphasis on spiritual gifts, character traits etc
Ways to “action” your spirituality (service)
Religious Practices.

Read this full sample of the Spiritual LifeVision

I am inspiration. My spirituality comes from the very core of who I am. I know that I am Child of God and I live up to the light and truth that is in me. ... A powerful example of personal transformation and dedication. I rise each morning filled with energy and enthusiasm for the day. I thank God for the gift of this day and for the value that I am creating for others. I embrace the unknown of each day and am grateful for the wonderful opportunities that are bestowed upon me.

*I am constantly improving my conscious connection to God through daily meditation each morning at 6:30 for 20 minutes. Meditation brings me peace and clarity, allowing inspiration to flow through me while keeping me centered and focused on my spiritual essence. I follow each meditation with 10 min. of reading from an inspirational book such as *The Prophet* by Gibran Khalil. These readings are uplifting and give me many ideas to ponder and examples of how to live my life. I also listen to my Life Vision recording each day on my way to work and am receiving all good that is coming to me through it. Each time I listen to this recording I feel inspired to greater things by living in harmony with Universal Laws. As a result, I am a deliberate creator, manifesting my ideal life in my physical reality.*

I follow my heart and inner guidance at all times, trusting in my higher self. I appreciate and marvel at the abundance of nature and use nature as a constant reminder that I live in an abundant world. I am conscious of the continuous stream of well-being that is flowing through me and that is me. I love myself and therefore have unconditional love for others. I see myself in everyone and everything, always knowing that we all originate from one creative Source. I feel a great sense of gratitude and joy each time I give to others. And the more I give the more I receive in return. I am conscious of my feelings and use my feelings and emotions as guidance to know when I am aligned with The Universe. I am focused solely on feeling love, joy and peace in my life. I am a value creator. I am pure potential, a limitless spiritual being having a physical, human experience. I feel a deep sense of peace and harmony in my life. I am open to what others believe. I am compassionate to others. I live my life on Purpose. This gives my life meaning. I am filled with gratitude for all that is. This attitude of gratitude fills my life with joy and bliss. I love my life.

One of the gifts of the spirit that I enjoy is the visitation of angels and of departed spirits who aid and assist me in my efforts. These angels are near me constantly and I call on them frequently for assistance. I also enjoy the gift of intuition and inspiration. I receive personal revelation in times of need. This personal revelation comes in the form of my natural knowing. I feel distinct impressions from God. This is a gift that comes easily and naturally.

I AM a leader. I AM my word. I have a tremendous passion for life. I AM authentic. I live in gratitude. I trust myself & others. I GO FOR IT!...with enthusiasm and passion. I live life to the fullest. I have humility and I can say I'm sorry. I am grateful and always have a prayer of gratitude in my heart. I am Kind. I am Honest. I am charitable.

Questions?

Have the participants write their Spiritual section for 35-40 minutes

INTERACTIVE: Find a partner. 2 minute each. Share your most powerful paragraph

Section: Relationships

The Importance and WHY of creating a Relationship LifeVision

Share your adaptation of the following:

We have the opportunity to develop many kinds of relationships with Family, Friends, Extended Family, Children, Spouse, Companion and Colleagues. Enjoy the opportunities to express true kindness to all that you meet or currently have relationships with.

Developing strong and genuine relationships provide companionship or a shoulder to cry on, or a partner to laugh with, or people to collaborate with.

The need and desire for relationships are universal, we were all meant to cultivate and enjoy many relationships and as we create synergy within the human race, abundant joy, purpose, and serenity will resonate.

The organic desire to nourish a relationship with another is an intrinsic reminder that we are all here to help, love, and serve each other . . . to be a constant support and a gentle haven of kindness to one and all on our journey and path.

When writing our Relationship LifeVision, it's important to focus on both BEING and DOING once again. The "being" part is really how you "show up" in your relationships - what kinds of a person do you need to BE in order to have the relationships you want.

Are you intuitive?
Are you appreciative?
Are you kind and thoughtful?

The people we tend to feel the most connected to are the ones that make us FEEL something and it's usually due to the type of person they are (rather than what they are doing). Consider how you want others to "feel" when they are around you:

Examples:

I am very considerate of others feelings
I show respect for my family members privacy and personal space
I show genuine appreciation to others

Writing Exercise - 4 minutes

Think of how you "show up" currently in your relationship. What do you contribute?
What do others appreciate about you?

Now right about how you WANT to show up and BE in your relationships. Write about this (areas you could work on)

There are several types of relationships that can be included in the Relationship section of your LifeVision. These will vary according to your specific situation. Here are some thoughts and examples of relationships you may want to include in you Relationships LifeVision. Let's break it down by paragraph so it's less overwhelming.

Spouse or Significant Other

TIPS in Training:

#1 - Frequently the question is ask if a couple should write their relationship LifeVision together. The answer is NO! It's very important to get on the "same page" with your goals (vacations, things you want to do for your kids, financial goals, etc) but you should independently so that your LifeVision reflects your own goals, your own way of saying it.

It's important that it completely resonates with YOU and so it's a good idea to create common and shared goals, but it's very important that you write it yourself!

#2 - Consider discussing "date night" and the concept of The 5 Love Languages. Many people have used their Relationship LifeVision to improve their marriages and have included these 2 ideas in some depth.

Tending to this relationship through communication, appreciation, and sharing feelings is vital. Include in your Relationships LifeVision how you see the perfect relationship with your spouse. This is the section where you can be incredibly outward focused. Because this LifeVision is about you, it will include all the things that you can BE and DO to be the perfect mate.

Examples:

My relationship with Natalie is priceless. We communicate effectively and share common goals and traits that strengthen each other and our family. I listen to Natalie intently and understand what she is asking. I am tuned in and present when Natalie speaks. I recall our conversations and follow through on commitments that I make to her. She feels loved, safe, and inspired because of my attentiveness to her and her feelings. We feel as equals because of the respect we have for each other. Natalie and I go on dates once a month and engage in deep conversations which deepen our love for each other.

It's easy for me to remember why I married Tom because of the amazing qualities he has. I ponder our courtship frequently and it brings a smile to my face. I show my love to Tom through small acts of kindness and words of affirmation. Tom absolutely loves it when I compliment him on his hard work, what a great companion and father he is. He beams because I am filling his bucket. Because I am very aware of Tom's love language, he feels loved by me. At least every other month I take a half hour to write a LOVE letter to Tom because I want him to have something tangible that shows my love for him. This builds our marriage incredibly. Because I am making him feel loved, it's easy and natural to feel his love for me as well. He knows my love language and it's fun spending a lot of quality time together.

What if you're not married? Well . . . do you want to be? If so, consider this sample that incorporates attracting the perfect companion into your life.

"I have the perfect companion who I love unconditionally. She is so beautiful. We share the same love for health, outdoor activities, personal development and

spirituality. We have a deep connection physically, emotionally and She is kind and generous. She is so supportive of my sobriety, which makes it easy for me to focus my energy on love and happiness in our relationship. We are supportive of each other's businesses and the principles that we teach our clients. We push each other to excel and grow in life and business. We compliment each other and make each other better. We have the perfect combination of independence, freedom, respect and reliance in our relationship. She loves me for who I am. We have engaging conversations where we teach each other exciting things that we are learning in our lives. Each week we have a scheduled "date night" where we go out to a nice dinner, movie or enjoy a fun activity together. This allows us to spend quality time together, focusing on us as a couple. She is my best friend. I attract this person by exemplifying all of these qualities in my own life."

Interactive: Turn to the person next to you and tell them 2 things you admire about your spouse.

Share a Success Story if you have one.

Children:

Spending quality time with their children is a goal of many parents. We must create . . . not find . . . time for our children. As part of the Relationship section of your LifeVision, if you have children, powerfully suggest to your mind through your writing all the ways you can be a better parent; spending more time together, showing love and affection, training and teaching, and supporting.

This section regarding children may start with a general section. This may include the kind of a parent you want to be for your child.

I am a loving mother who is in tune to the needs of my children. I balance the many responsibilities of life well. I allow my children to become self reliant and encourage them in developing their gifts and talents. I accept them and support them on their individual journeys. I do what I can to love them in the ways they need to be loved.

Next, write a small paragraph for your child or each child, mention them by name. In this paragraph, state a few qualities about this child that you particularly admire. This helps your mind focus on the positive aspects of the child. Then, write several sentences about what you can do to be a good parent along with anything specific you would like to work on in the relationship.

Here's for a very small child:

I am grateful to have such a wonderful, patient, energetic, smart boy in my life. Ryker is absolutely amazing and by looking through his eyes, I see the beauty of life. I spend time each day with Ryker making him laugh, reading books, playing with toys, and helping him grow.

An older child:

I am best friends with my oldest son Ryan. He and I enjoy spending time every week. I am committed to our communication being high level. I teach him the principles I believe in when we are one on one and allow him to internalize them for himself. I am a great teacher and father to him. He is a great teacher and son to me. I golf with him on a bi-weekly basis. I take him swimming and shooting as much as he wants. I support him in his decisions and allow him to fail forward with all trials.

Extended Family:

Include aspects of relationships with siblings; parents, grandparents and aunts/uncles/cousins that you feel would be appropriate. This is especially fitting if the relationship is strained and needs a new perspective to create the ideal bond.

Social—Friends, Colleagues and Peers:

Share your adaptation of the following:

The social relationships we enjoy with our peers, friends or colleagues are essential. The benefits and value of these relationships bring are reciprocity and commitment between individuals who see themselves more or less as equals. These relationships can provide an emotional resource both for having fun and support in times of worry or sadness. Invite these relationships into your life.

When writing this section, describe yourself as a warm, loving, vulnerable, approachable, open and authentic person and watch the miracles happen in your life. You can write this section with a broad stroke of what you would like these relationships to look like or specifically name someone you would like to build or strengthen a friendship with. Include the ways you would like to be with these social relationships. You can also include here any social skills you would like to develop. For example: If you are shy or introverted, visualize yourself as being confident in social situations. Maybe you'd like to be a better conversationalist or be great at remembering names. You can become anything you visualize clearly and in detail.

Share 1 of the following:

My friends enjoy spending time with me because of the positive feelings that they experience in my presence. I compliment my friends on their accomplishments and encourage them to achieve their goals. I meet at least 1 new friend, that empowers me

each week, and stay in contact with each of my friends on a regular basis. I connect well with new people in which I am building a new relationship. I am confident in my words, and know how to make others feel comfortable with me. I show gratitude to all my friends and communicate with each of them on their birthdays by sending them a card, text, or speaking with them. I am a great listener. I offer solutions to challenges only when asked. I enjoy having relationships with people from all walks of life and the lessons people are eager to teach me. I am grateful that I have relationships with many types of people and accept them for the person they truly are. Every relationship I have in my life has deep meaning and a deep connection because I am authentic and honest about whom I am.

I am a loyal friend. I am honest and trustworthy in my relationship with others. I value and respect my friends. I treat others with love and compassion. I actively listen and seek ways to be uplifting, encouraging and supportive to my friends. I have a zest for life and always seek to find the good in others. I acknowledge the oneness that we all share and honor the brilliance and uniqueness we individually possess. I am a vibrant light who loves to inspire people. I have a beautiful smile and frequently share it. I am spontaneous, creative and funny. People are drawn to me by my positive attitude and my loving heart. I am extremely intuitive and use this gift to know specifically how to help someone. I have many friends who possess the same attributes as I do. I choose to associate with like minded people who are positive, uplifting and compassionate. I associate with those that are desirous of making a difference in the world. I gather in numbers with my friends to bring light and love to lift the Earth to a higher consciousness of a more Joyful, abundant and peaceful living.

Broken Relationships

Share your adaptation of the following

If you have a relationship that is broken, you need to rewrite that part of your life. Write it from the perspective of what YOU can do and be to fix it. In order for you to be living your ideal life, all of your relationships should be WHOLE! (This might be the hardest thing you ever have to do, you may need to get therapy because of the difficulty of reframing your mindset.)

Here's an example:

My relationship with my dad is now healed. It's easy for me to have good feelings about him. I appreciate the fact that he is my dad and gave me the gift of life. I understand that he is doing the best he can, do the challenges in his own life. When I see him, it's easy for me to wrap my arms around him and express my pleasure in seeing him.

Testimonial:

During your LifeVision class, you encouraged us to look for miracles as a result of focusing on those relationships which are most important to us. My first miracle happened just two weeks after the class. Last May, I asked my adult daughter for forgiveness for somethings I had done that caused her a lot of pain. She responded that she loved me and that it would take some time. We have been getting along pretty well, and I had not thought much more about the issue. I set a goal regarding my relationship with her as part of my LifeVision last week. Saturday, out of the blue, she asked if she could talk to me privately. She said that she had forgiven me months ago, but she had never told me that. To my surprise, she asked for MY forgiveness for the long delay!! We had a good talk and shared some tears of gratitude together. THANK YOU for helping me create my own personal LifeVision. I am confident that there will be more miracles in the coming weeks and months.

Read this full sample of the Relationship LifeVision

My family is the center of my life and Tom is the center of my heart. Being a wife and mother are my most important roles. I love Tom so much. I enjoy the relationship we have with each other where we are able to communicate the thoughts and feelings of our hearts. We take time each night to be together, to talk about our day and also about what we are feeling. This is the highlight of my day.

Tom and I have a lot in common and I focus on this. We share the love of good music, art, books, concerts, and the outdoors, as well as traveling together as often as possible discovering the beauties of the world.

I can talk easily to my husband about anything, anytime, always being honest, clear, and appropriate. We respect each other's wisdom, spirituality, time and personal space. I give him verbal and physical approval in public and privately. My communication skills are in tune with the Spirit. I listen with love and a deep sense of connection.

Because Tom's Love Language is service I take time each day to do something nice for him.. Sometimes it's polishing his shoes, other days it's organizing his closet or ironing a shirt. I also like to surprise him with small gifts on occasion. I love buying his favorite treat and sticking it in his car, or putting a little I LOVE YOU post-it note on his dashboard. I'm very creative in thinking up several things to do each week. And he has returned the favor which makes me feel cherished.

I love to serve my children by helping them with homework, making them breakfast and dinner and assisting them in music lessons, sports and scouts. I am home in the afternoons so I can be there for my children. I know my children are unique and have incredible talents and abilities. I do whatever I can to nurture them to realize their full measure. I look for many opportunities for one-on-one time with my children. This is a time when we really bond and connect and the effort pays off tremendously. We enjoy being together and I always ask them how things are going in their lives.

I am sensitive to each of my children's particular personalities and needs. I recognize each one for who they are. I know their individual worth. I remember and honor their likes and dislikes. I pray for them individually every day.

Jared is very forgiving and tolerant towards his sister and brothers. They look up to him and share mutual respect for each other. There is an unspoken and deep connection that he and I share when we are together.

Jason is fun-loving and makes us all laugh with his sense of humor when we are together. He has good common sense and problem-solving ability. He has been blessed with an abundant life. He is very generous with everyone and is sensitive towards others' feelings.

Rachel is very creative and artistic. She uses this talent to be independent and provide for herself. She is very supportive of her brothers and they in turn love her very much. She values and cares for her health every day.

Because I am so happy with myself, I'm happy with those around me, especially my family. My positive example and loving manner with my family creates an atmosphere of love and harmony in our home. I realize the predominant spirit in the home is a reflection of my spirit. For this reason I am always patient with my children. My children know that they can come to me no matter how they feel and can count on me being a good listener and having lots of understanding. I seek for their counsel and advice where appropriate. I know that asking my children for input adds a very special dimension to our relationship and helps us to be much closer, sharing concern for each other and being more aware of each other's needs and feelings. They are also much more receptive to advice when I do this. I am always easy to along with.

I love people and I am thankful for my opportunities to interact with those around me. I look for the good qualities in others and make a special point of giving honest compliments and praise. I am tolerant of values and back- grounds that are different from my own. I see each person as a son or daughter of God and allow that person his or her weaknesses.

I have a talent for putting my thoughts into words. When I am having a conversation with someone, I am assertive and able to say what I am thinking and feeling in a concise and interesting way, being tactful and diplomatic. I am honest and real. I listen empathetically and actively while the other person is talking, concentrating on what he or she is saying and the feelings behind the words.

I feel comfortable entertaining friends and colleagues in my home or attending social functions. I attract friends that share the same goals in life. I choose to be with people who uplift and enlighten, and learn from everyone I am around. I am fun to be around . . . spontaneous, creative, and exciting. I am positive and happy and have an uncanny ability to attract quality people. I enjoy life. That joy is contagious to those around me.

Writing Exercise - 5 minutes

Take the next 5 minutes to think about ways that you want to SIGNIFICANTLY improve your relationships. Get out a piece of paper and start identifying the people in your family and life that you want to improve your relationship with. Write down things you can DO and BE that will affect that relationship in a positive matter.

Partner Share - 5 minutes

Share and expound on what you wrote and how it will affect your relationships

Questions?

Give participants 45 minutes to write the Relationship section of their LifeVision

Interactive:

Spend 1 minute each telling your partner how you are “stretching” yourself in your Relationship LifeVision (what you wrote in your LifeVision that is a bit out of your comfort zone)

Section: Physical LifeVision

The Importance and WHY of creating a Physical Health LifeVision

Share your adaptation of the following:

When you're healthy you have more energy to enjoy and experience more in life. You are more effective and productive in your professional life. You find it easier to maintain good relationships with those you love and care about; life's experiences are more rich and full. Good health is the start of all success and joy in your life.

Some people go through life not taking responsibility for their own health. They drift along until something goes wrong then it is off to the doctor to get it fixed. Taking charge of our health is essential in creating the optimal health required to accomplish all that we desire in life.

Ideas of what to put in the Physical LifeVision

Share your adaptation of the following:

The practice of eating a variety of healthy foods provides the proper balanced nutrition necessary for the body. The protective and vital nutrients found in healthy foods help to prevent illness and disease so make sure you have a good solid paragraph about nutrition in your LifeVision.

Nutrition

Pick 1-2 of the following examples:

I eat well-prepared and nourishing meals. Eating the right foods is a habit for me. I enjoy fresh fruits and vegetables. I eat fresh fish, and chicken most often and the protein fuels my body making me strong. I prefer healthy food and natural carbohydrates. I stimulate my metabolism by eating structured meals and snacks throughout the day. I prepare dinner nightly and it is fresh, healthful, gourmet and satisfying. I love drinking fresh water, and give my body all that it needs to remain hydrated. I am proud of my food choices and know that I treat my body well. I am grateful to my body for all it gives back to me.

I typically only eat fruit for breakfast. The fruit I eat each morning is fresh and organic. It is the perfect food for cleansing my body daily. My lunches and dinners are primarily salads and veggies. I add a piece of meat or a bit of whole grain pasta or bread. I consciously eat every 3 hours and my metabolism is in high gear. I love to cook. I take 30 minutes every evening to prepare food for myself and my family. My vegetarian cookbook is always open on my counter. I am dedicated and committed to eating organically. I read daily from the Fit for Life books and am excited about my new healthy lifestyle. I am conscious about my eating and therefore conscious about every single thing that I put into my mouth. As food choices arrive throughout the day, I stay committed and loyal to the healthy person I am.

I eat healthy foods that are well planned out and I have enlisted the help of a nutritional expert who provides me with three well-balanced meals focused on fruits,

vegetables, and healthy carbohydrates that our entire family can eat. I snack on healthy things with moderation and self-control. I have a database of healthy meal ideas and I regularly pull from this database as I cook gourmet meals with ease and without thinking about how to do it. My body easily accepts these foods and I am grateful to my body for all it does for me. I have all the tools I need to cook mouth-watering meals that make my family ask for more. I am the chef of the family and cook the dinner in my gourmet kitchen using fresh ingredients I pick up several times a week from the local grocery store. I constantly cook new dishes and always look out for the next best recipe.

Exercise

Share your adaptation of the following

Exercise has many health benefits as well; such as increasing your fitness level and helping you lose weight. An important and welcome benefit of exercise is that exercise can improve your mood and give you a general feeling of well-being. This is because of endorphins. Endorphins are a powerful hormone-like substances produced in the brain that function as the body's own natural painkillers. During exercise, there is a release of endorphins in the body that are capable of producing feelings of euphoria and a general state of well-being.

When your body is allowed to perform at its peak, it will provide a high level of strength and energy, emotional balance, a lean body that moves freely, and a sharp and nimble mind. Your strong healthy body has the ability to fight off disease and illness. You only have one body, so look after it and treat it well. Jim Rohn teaches, "Take care of your body. It's the only place you have to live." By setting effective physical fitness and health goals, you'll maximize your life span and enjoy your life more too.

Pick 1-2 of the following to share:

[Emphasizes the WHY] Through regular exercise I am able to cope with daily life and maintain my good nature and happiness. Because of exercise I have more energy, mentally stable and it makes me into a better dad, employee and person. Through exercise I am able to mentally process daily situations that arise and quickly get back to enjoying life. Daily exercise is my departure from "life" and lets me focus on me. Because of my sleep schedule I am mentally clear, quick-witted and remember necessary facts with ease.

I lift weights at Gold's Gym three times a week during my morning exercise time at 6:30 am. I focus on my biceps, triceps, stomach, legs, and abs. I have a workout that I can easily progress through. I have six-pack abs by June that makes my wife look at me in a completely different way. Three times a week I work on cardio rotating

through treadmill, stair-stepper and elliptical for 10 minutes each. When the weather is nice, I run outside for 40 minutes. In January, I hire a trainer who focuses on conditioning my lungs and vascular system, and I trust him as he takes my body to the next level.

[For someone who is already very consistent in their exercise and doesn't want to be stuck in a box] I exercise 6 days a week and enjoy the physical benefits of stamina strength and agility well into my later years as a result of my constant conditioning. I lift weights 3 days a week and run or ride three days a week. I listen to my body and determine what it needs in terms of exercise and conditioning and am flexible with my workout schedule.

I go for a brisk walk/jog for 45 minutes minimum Monday, Wednesday and Friday. I am increasing my distance by jogging more frequently. I can jog continuously for 3 miles by December 31. I also work my abs every other day. I do 20 pilates style sit-ups along with 30 crunches. I am aware of my trimmer mid-section. My clothes fit comfortably. I ride the stationary bike Tuesday and Thursday for 30 minutes. I follow that by working out my upper body. I do 3 sets of 10 reps of curls, laterals, and a variety of arm workouts. I do a minimum of 15 push-ups, increasing the amount as I am able. I am noticing my arms becoming more defined and toned.

More Ideas for your Physical LifeVision

Sports challenges: Marathon, triathlon, bike racing, etc

Starting in April I begin training for my half-marathon. Each week I run 2 short runs of 6 miles and a long run of 10 miles. This gives me the distance I need to get in shape and prepared. I am running the Thanksgiving Point half marthon on April 30. I finish in 2hrs. 15 minutes or less. I feel a sense of accomplishment and like a real athlete when I finish my half marathon with such an amazing time.

Learning a Sport:

I thoroughly enjoy the vigorous workout I get for my legs as I spar in my fencing class that I attend on Thursday nights at the Wasatch Fencing Club. The partners I spar with are the same age as me, have similar interests in marketing and business, and are very close friends. I enter several fencing competitions and place in the top three in my age category by December. Fencing is rewarding because it makes me feel like I am in a classical time period and I am in the role of a Gentleman.

Other Ideas:

Wardrobe
Posture
Hair, make-up, nails
Skin treatments,
massage
teeth whitening etc.

Interactive Partner Share - 5 minutes

For 2 minutes each, you are going to describe your ideal body as well as your ideal health practice for the coming year. It may seem like a “ramble” but the intent is to get CLEAR on what you want your health and body to be like.

Read one or both of the following Physical Health Samples:

Example #1

My body is a temple. I am a lean, muscular fat-burning machine that is filled with energy. I have a clear mind and a healthy, radiant complexion. I have perfect posture which brings me confidence. I am enthusiastic and passionate about my physical practice. This makes it very easy for me to stay dedicated to maintaining a high level of health.

Each night I get at least 7 hrs.of deep, restful sleep. I awaken each day feeling rejuvenated and alert and excited to see what the day will bring. I exercise each morning to awaken my body and prepare it for the exhilarating day ahead. I lift weights 3 days per week. I am constantly varying my routine by incorporating unique combinations of exercises that burn fat, increase my cardiovascular capacity and strength. I keep my weight lifting sessions to 30-40 minutes in order to maximize my heart rate and fat burning potential. I also walk with my dog Fritz each day. I love being outdoors with him, breathing in the fresh, clean air and taking in the beautiful surrounding mountains. This time brings me peace and relaxation each day as I focus on being grateful for all that is, allowing inspirational insights to flow through me. I practice Yoga at least 1 day each week which improves my flexibility and keeps me centered in my body. I love the combination of spirituality and physical fitness that Yoga provides. I also treat myself to at least 1 massage each month to keep my muscles loose and limber.

I get high on physical exertion such as mountain biking, hiking and snowboarding. I find time each weekend to participate in at least one of these “soul-freeing” activities. I have purchased a new mountain bike and enjoy riding in the mountains with my friends. Exercising outdoors allows me to stay connected with nature while being social and doing something great for my body.

I eat the perfect balance of foods for my body. I eat for fuel and nutrients to keep my body running optimally and efficiently. I focus on getting most of my calories from lean protein sources, fruits, vegetables, whole grains and healthy fats. I eat mostly foods from all natural ingredients and eat organic fruits and vegetables whenever possible. My body accepts the food easily, using it effectively. I drink at least 100 ounces of fresh water daily to vitalize, nourish and refresh my body. I take high grade supplements such as multi-vitamins, whey protein, and MaxGXL. This shortens my recovery time after workouts, gives me healthy, radiant skin. I have more energy and mental clarity than ever before. My body feels amazing. I listen closely to my body and allow it to rest and recover as needed. My dedication to a balanced and healthy diet allows me to maintain my ideal body weight of 155 lbs.

My wardrobe consists of a variety of clothing that is edgy yet professional. For work, I have a wide array of perfectly fitting 2-button suits. I feel so professional and confident when I wear my suits to work. I have an assortment of shirts and ties that I can mix and match with all my suits. I also have several pairs of designer dress shoes in black and brown that pair flawlessly with my suits. I have 5 pairs of designer jeans that are a perfect fit for my body. I am confident in my physical appearance and take great pride in treating my body well.

Example #2

Physically, I have my ideal body. I am muscular, lean and very strong. My body is poised and elegant and I carry myself like a model. I feel beautiful, slim, healthy, and full of vitality. I am confident because of my appearance, which builds my self esteem. I am so lucky to have such good genetic make up which gives me a perfectly healthy body. I burn fat easily. I have more vitality as the years go by, and I feel younger and look younger.

My day begins with reading a short chapter from The Beck Diet Solution. This book changes the way I think about eating and weight loss forever! I apply the principles of cognitive therapy to weight loss and my thoughts are different, my eating behavior is improved and my ideal weight is permanent. I take my mind off of food by staying busy, exercising & socializing.

I weigh 135 lbs on July 31. I am a size 6 which is absolutely thrilling! I eat healthy and feel absolutely fantastic! Every morning I make my eating plan which I follow to the letter. Eating out is a cinch because there are always foods that are on my eating plan. My diet consists of fresh fruits and vegetables, lean meats, small amounts of whole grain breads and pasta. I drink a protein shake every morning. For breakfast I enjoy foods such as the breakfast burrito, fruit, eggs or oatmeal. For lunch I typically eat a salad with meat. Dinner is either fish or chicken with either pasta or a yam & veggies. I am conscious about the way I eat. I balance my carbs & proteins adding

lots of vegetables. My eating is simple. In the afternoon I eat a small piece of healthy chocolate as a wonderful reward.

I take the time to go to the grocery store weekly so I always have on hand the foods I need. I take the time to prepare my food. Because of my awareness of my diet, I am incredibly lean. My body fat is below 20%. I have a very trim and athletic figure. I sleep well at night because I have already digested my food before going to bed. I am motivated to be my optimal weight and am having incredible success. From June 15 - August 14, I lose 2 1/2 lbs weekly. My exercise program for the summer consists of the following: Twice a week I road bike with friends for 60-90 minutes. Twice a week I trail run. Once I do the short pipeline run of 4 miles and the other time I do the long pipeline run of 7 miles. Once a week I hike a different trail in one of the nearby canyons.

And finally I mountain bike once a week for 2-3 hours. I make the time to participate in these sports. I love the fact that I get to embrace the beauty of nature while I am designing a more beautiful body. I push my body. Because I participate in exercise through these sports, I feel very athletic. I have a tremendous amount of energy and look and feel youthful. I am often mistaken for someone in their thirties. I am a bike racer. My competition goals for 2007 include 3 major bike races. I ride the Little Red Riding Hood race on June 4th, the Utah Lake Century on July 28th and the Lotoja on September 8th. I compete in the Jordanelle Olympic distance with a time of under 3 hours. Yeah....I'm an athlete in every sense of the word! Wooo hoooo! I have new riding partners that I have enjoyed meeting and getting to know. It's always fun to have someone to train with!

My hair is very stylish. I use excellent skin products on my face. I have a complete set of Mary Kay make-up products and a complete set of Nuskin for my skin care . These products have taken 10 years off my face. I love the way my skin feels and looks. I have incredible posture and poise. Every other week, I get a massage. This is a way I pamper myself and I'm worth it.

Give participants 35-40 minutes to write this section

TIP: Don't let others listen to your LifeVision. Why?

Share your adaptation of the following

1) Sabotage - (Can use Ann Webb's sabotage story about family listening and then yelling at her kids and then becoming discouraged and throwing her LV out the car window) Stress the point that we don't want our family and friends to hold us accountable for everything in our LifeVision. We will do that ourselves or hire a coach. It's not good on the relationship when the husband says to the wife "I thought you said you only eat good food, put that brownie down!!"

2) Authenticity - If you know someone will be listening to your Lifevision, you may subconsciously alter it to please someone or not be as authentic as you would knowing that no one will be listening.

3) Most people don't understand that the LifeVision is much of what we are aspiring to be, but is not yet a reality. If they listen to it, they may "judge" you that you are quite conceited :D

INTERACTIVE:

Read through partners and check for any negatives. This is the section they show up most in.

"I never eat sugar or dessert"

"I limit my consumption of fast food."

"I am free of disease"

Section: Financial/Professional LifeVision

The Importance and WHY of creating a Financial/ Professional LifeVision

Share your adaptation of the following:

The joy of doing what you love that will also allow you to provide income is often a challenge to find and achieve. To be successful in finding and achieving that combination, you have accomplished what James A. Michener describes as The Art of Living:

"The masters in the art of living make little distinction between their work and their play, their labor and their leisure, their minds and their bodies, their information, their recreation, their love and their religion. They hardly know which is which; they simply pursue their vision of excellence at whatever they do, leaving others to decide whether they are working or playing." — James A. Michener

Success in the real world does not come by wishing for it or waving a magic-wand. It most often comes from hard work, persistence, being grateful for employment and the

importance of choosing how passionate you are about enjoying each day. The importance of how important passion is to success is essential in allowing ourselves to be Masters in the Art of Living.

This section of the LifeVision involves your career and your money, how you earn money and how you manage your money. As with everything else presented in this program, financial success also starts in the mind. What thoughts and attitudes do you hold about your career and your finances? You have to first decide what you want; you then must believe that what you want is possible and that you deserve it. Then focus on those things that you want by visualizing them as if everything you desire is already yours that all that you wish for is a current reality.

As you begin the Professional section of your LifeVision, first determine if you are working at your ideal career. Are you doing what you want to professionally? If not, it's time to work this out through dreaming, journaling, visualizing and then writing it in your LifeVision. It may feel a bit overwhelming, but it can be accomplished if taken one step at a time.

If you are currently doing what you want to be doing professionally, but know there is something more, a next step to take to progress your career, ask yourself: Where would you like to be in the next year? In 5 years? What actions will be necessary to move things forward to reach those goals? Do you need additional education? Who can I begin networking with? Who are the people I need to start connecting with that are experts in the area I want to pursue? Can I improve my interpersonal or communication skills? Can I improve my leadership skills? What resources can I begin learning from that will increase my knowledge in the career I desire?

Consider these things and write the clearly defined answers to them as you write your Professional LifeVision. Keep in mind that your words will reflect the professional life you are creating or have created. Write your words as if these things are a current reality.

Ideas of what to put in your Professional LifeVision

The Vision of my Profession

My company, _____ is the most elite financial firm in the United States. I live in abundance because of my alignment to principle and truth. I have unique abilities and I am a strong relationship builder on our team. I have powerful effective communication with a call to action in every partner meeting. I choose to go to my office because I want to bring value to others. I continue to build solid relationships and allow every client in our firm to feel important. Our office consists of only self-reliant value creators.

My Daily Schedule

I arrive at the office each morning by 8:30 am. I spend the first 30 minutes checking email and voice mail and returning messages that are important. I manage my time very well. Mondays and Fridays are designated for office work, client preparation and handling personal matters. I hold all of my client meetings on Tuesdays, Wednesdays and Thursdays in 1.5 hr. time slots. My meetings begin at 9am and end by 6pm. I take 1 hr. for lunch from 12-1pm and have 10 minutes between each meeting to eat a snack, relax and rejuvenate. All client meetings are held in my office.

My Projects

I have my own personal systems in place to help me grow with my company. I have a time management system that coordinates between my laptop and desktop computers and my phone. I use my calendar and my to-do list effectively to keep me organized and productive.

I also have a filing system that is organized and effective. I research methods of filing and find one that makes sense to me. I have one of the secretaries in the office help me set up my new system and get it going.

I have an amazing system for client intake information. I talk to my colleagues to find out what they are using and get samples from them and make adaptation.....

Writing Activity - 5 minutes

During this time, ponder your “ideal schedule” and/or projects you’d like to focus on in your work, profession or business.

In sentence form, write as clearly and concretely as you can a paragraph about either your ideal day/week OR a project you’d like to work on such as getting your website or home office set up etc.

Partner Share - 5 minutes

How I Will Strengthen and Grow

TIP: Explain that in this section you want to go “over-the-top” in detail, emotion, and motivation in things that we want to excel at. Samples below include someone that wants to share what they do with ease (as opposed to struggling and stumbling over their words and closing the sale (instead of always “blowing it”)

With ease I tell people what I do in my career. I know I am introducing them to something that can make a drastic difference in their life!! That makes it so easy to

share this opportunity with them. People are interested in my work and what I do. I feel good about the work that I provide and enjoy the benefits of helping people.

My favorite part of my business is closing the deal. I am a master at it; it comes as naturally as breathing. I understand that closing a person is merely helping them recognize that NOW is the time for decision-making. They are excited about what I've shared with them and they are anxious to continue. My potential clients are comfortable with the manner that we transition to this close. I lead them gently to CHOICE and they make the correct one for them. I have learned to master this by practicing on friends and family many times. My expertise pays off, as I not only gain a new client but also income that provides for my needs and the needs of my family.

My Motivation

My hard work pays off when in June; we purchase a brand new Master Craft PS 190. We go shopping for this family toy in April. We have our down payment of \$15,000 and can afford the monthly payment over the next 2 years. It feels great knowing that a dream purchase is now becoming a reality. My family enjoys our time together as we enjoy this new family toy.

Writing Activity - 5 minutes

Identify 1-2 things that you're struggling with in your profession or in the financial part of your life - something specific. Is it staying on task? Being organized?

Pick one thing and write a paragraph about it, going over-the-top with specific details so that it is VERY descriptive.

Partner Share - 4 minutes

Read Example (or play a demo)

I love my career. Being an advisor at _____ allows me to create a tremendous amount of value for my clients while living my life's purpose. I am a master networker. I am continuously meeting with networking opportunities that will refer business to our company. With ease I tell people what I do. I know I am introducing them to something that will make a DRASTIC difference in their life! This makes it so easy to share this opportunity with them. Being a Producer, I create more in use value for my clients than I receive in compensation. As a result, I am receiving an abundance of referrals from my satisfied clients who enthusiastically tell all of their family and friends about my work.

I am dedicated to my marketing plan that consists of making at least 20 prospecting calls daily. I love making my calls each day. I feel positive and confident each time I pick up the phone. Through creative marketing strategies I set at least 1 new client appointment each day. I also attend regular networking and social events that are a

great leads source for my business. As a result of my marketing and networking efforts, I am actively involved in at least 5 meetings each day on Tuesdays, Wednesdays and Thursdays with prospects, clients and networking opportunities. By April, all of my clients are coming from referrals. My clients are doctors, dentists, attorneys and business owners who all make at least \$50,000 per year and have at least \$20,000 of investable assets. My clients are positive individuals who are ready and willing to take action and responsibility for their financial lives.

I manage my time very well. Mondays and Fridays are designated for office work, client preparation and handling personal matters. I hold all of my client meetings on Tuesdays, Wednesdays and Thursdays in 1.5 hr. time slots. My meetings begin at 9am and end by 6pm. I take 1 hr. for lunch from 12-1pm and have 10 minutes between each meeting to eat a snack, relax and rejuvenate. All client meetings are held in my office. I have a clear and concise work relationship criterion with my clients. They know to be on time and prepared. This makes each client accountable and allows me to create maximum value in each meeting.

I have obtained my Series 65 license by April 1st. I can now receive additional commissions from investments. Through the success of my business, I will have my own individual office by June 1st. I love being in my big, corner office. The view out my window of the mountains brings me peace and inspiration. It is so nice having the flat screen TV to use as my computer screen and as a client presentation tool.

Through education, shadowing and application, I have become the best at what I do. I am so confident in my unique abilities as an advisor and make a tremendous difference in people's lives.

Financial LifeVision

In addition to designing your ideal professional life, it's important that you address your finances as well. This is the area where you will decide how your money is managed. You can include in your Financial LifeVision your answers to question like these. What is the amount of money you want to make monthly or yearly? What investments will you make? How will you budget or manage your money?

Example

Financially, I'm on top of it. I am living a life filled with abundance and prosperity. Because I am financially free, it allows me CHOICE in my life. I base all of my financial decisions purely on value. This allows me to make the best possible decisions for myself and my family. To increase my financial IQ, I have hired a personal financial coach by April 1st. My coach has supported me in becoming self reliant and making my own financial decisions. I work daily to increase my financial IQ by reading books

and listening to audio programs from a variety of authors. This gives me a well rounded education and a variety of different view points. Being educated allows me to prosper in any economic situation because I know how to adapt quickly to all circumstances that I am confronted with.

I successfully save at least 10% of my income. This is automatically transferred from my checking into my Fidelity account. With this savings I have been able to purchase at least ONE income producing asset by December 31st. This asset flows monthly income of \$500 or better into my pocket. My education and passion for investing has allowed me to be extremely successful. I feel safe knowing that my financial future is secure. All of my insurance protection and investments are structured in coordinated fashion. I feel so safe and confident knowing that my financial life is planned appropriately.

I use Mint.com daily. Each morning I have my financial routine that not only includes checking on our stock portfolio but also our budget. I take 5 minutes each morning to use the budgeting tool that makes our finances extremely easy to manage. I know where I am financially and it's an incredible feeling!

I am living with an abundant paradigm. Being the master of my financial life, I see limitless opportunity in all things, knowing that there is a stream of well being constantly flowing into my physical reality.

Questions?

Have the participants write their Financial/ Professional section for 45 minutes

Interactive:

Take 1 minute and identify at least 3 -5 motivations of your BIG WHY in this section that relate to your profession, finances etc and share with your new partner.

Group Share

Have 2 people share the paragraph they are most proud of.

LUNCH BREAK

Section: Personal Development

The Importance and WHY of creating a Personal Development LifeVision

Pick 1-3 of the following and share your adaptation

Personal Development helps to keep our mind sharp. Research has shown that the beneficial effects of life-long learning on the brain are many including improving memory, especially as we grow older. Just like our body requires exercise to stay fit, our brain requires exercise to remain healthy. The best way to improve your memory, keep your mind sharp and developing reasoning and cognitive skills is to continually learn some- thing new.

Personal Development invites us to gain confidence by taking on the challenge of stepping out of our comfort zone or routine by learning something new. As we continually strive to learn, we become more confident in our ability to learn and to share the information with others. We are then able to gain confidence in our selves, who we are and what we have to offer.

Personal Development helps to develop our interpersonal skills. Learning new things occur both while learning independently as well as learning with others that share our same interests. The opportunity to socialize with others while learning can help improve our interpersonal skills. When we are learning, we are engaged in life. Sharing what we know with others enhance our relationships.

Personal Development furthers our career opportunities and aspirations. Continuous learning enhances the skills we already have and provides the opportunity to learn a new skill or trade, improving your chances of career growth and advancement. The more you know about your company, the industry, and current events, the more valuable your skills are to any organization.

Personal Development increases our ability to communicate by sharpening the skills of reading, listening and writing. These skills are essential to our ability to communicate. Communication is such a vital part of our daily lives. By enhancing these skills, we improve our ability to communicate effectively in our personal and business lives.

Ideas of what to put in the Personal Development LifeVision

Intellectual goals:

Reading inspiration and/or educational books
Graduate from college
Obtain an advanced degree
Get a “certification”
Learn a foreign language
Become more technically savvy
Listen to books on CD
Attend self development workshops or seminars

(Use one or both of the following samples or come up with your own)

I read for pleasure every night. I am reading..... I love to read because it develops my mind, I learn about new places, cultures, and ideas. I also love to read because it is great to be able to discuss literature and ideas with other people.

I have the gift of language and have the goal of learning Spanish and in refreshing my Japanese. To accomplish this I have purchased Rosetta stone. I devote a minimum of 2 evenings a week wherein I spend my time increasing my foreign language abilities.

Artistic Goals:

Learn to play an instrument
Singing Lessons
Painting Classes
Crafts
Photography

(Use one or both of the following samples or come up with your own)

I love photography. I have a very good eye for what is beautiful and photogenic. I love to take pictures of the obscure. It enables me to appreciate every day things. I also love to capture the beauty of nature in locations near and far. Because of this love my new adventure is digital photography and digital scrapbooks to show off my photography. I have an account with Shutterfly and make a scrapbook with my photos at least every quarter.

I love music and live concerts. I have a wonderful collection of CD; s which I have catalogued and have downloaded to i-tunes. I find great joy and happiness in listening to music. I love live concerts and attend two concerts every month; small venues and large venues. I enjoy broadening my knowledge and appreciation for good music; no matter what the genre.

Organizational Goals:

Time management
Always being prompt
Everything in it's place
Simplifying
Organizing storage room, garage etc

I am extremely organized. I have a system for bills, home organization, kids schooling and work. I am timely and prompt. I manage my busy schedule and all the different things I have to accomplish at home at work because I have a system for note keeping, tasks and priorities. I am able to take this system with me to keep focused and organized on the go.

Travel:

Family vacation
Couples vacation
Get-aways

I LOVE to travel. Each year Scott & I plan that years weekend getaways, family vacation and our couples vacation. We are citizens of the world and have the unique opportunity to travel to many exotic lands. In the spring of 2008 Scott & I go to Costa Rica with friends. We use our frequent flier miles for this and save \$700 a month beginning in January. Then in the fall we go to New Zealand and Austrailia. We are open to many opportunities that come our way.

Other:

Writing
Journaling

I maintain a blog. I blog at least once a week, sometimes more. I post pictures of fun trips, talk about new things I've learned at school, important events in my life, spiritual thoughts, or just general funny/silly things. I love my blog because it gives me a chance to journal online and it allows other people to see what is going on in my life when they don't live near me.

Interactive - Partner Share - 3-4 minutes

Have each person answer the following question to their partner: "Over the next year, I would like to accomplish....."

Create a Closing Paragraph (transition OUT of specific sections)

I am living my dream life. All that I've ever wanted to be, do and have, I am experiencing. I love to feel the joy that comes from living in abundance and in total harmony with who I was created to be.

Read one of the following Samples

Example #1

Personal Development is the spice of my life! This year I develop my talent in journal writing. I keep a journal bi-weekly on the experiences and feelings of my incredible life. Not only do I write down current and exciting events, but I also bare my soul with the lesson learned in life and my latest ambition. I also keep a blog that I update at least once a week. I am an accomplished writer and inspire others with my sense of passion in my web blogs. I spend an hour each morning from 5:30-6:30 am writing. My writing projects include writing for my weekly blogs, articles I send out for publishing, and for my new book. I am writing a best seller. My book will be published by the end of next year. I have a story to tell and millions of people want to pay money to read it. Through this book, I am able to get my message out to many people and effectively change lives.

One of my new exciting adventures is digital photography and designing on-line & digital scrapbooks to show off my photography. I have an account with Heritage Makers and make a scrapbook or something with my photos at least once a month. I have several cameras including my dream camera that takes excellent pictures and many programs that assist me with ease in displaying these photos. I spend several hours a month setting task to this project.

I am a voracious reader. Each evening before bed I read from several books. I always highlight and write down new ideas that I learn. Growth has always been my mantra and learning and growing is one of the most exciting parts of my life. I always have my nose in a book on relationships, financial matters, fitness, or education. I am perfectly suited to reading 3-4 books at a time.

I am a very talented piano player. I take private piano lessons bi-monthly and practice a minimum of 7 hours a week. I am always working on a classical piece, a popular or church song and one where I get to use my creativity on my new Kawai digital piano. I take lessons from a gifted teacher who owns a Kawai digital grand.

I love to travel. Each year Larry and I plan that years weekend getaways, family vacation and our couple's vacation. We are citizens of the world and have the unique opportunity to travel to many exotic lands. This year we take the family on the wonderful experience of a Choice Humanitarian program in Africa where we are blessed to serve others. Larry and I also go on a Barefoot cruise for our 20th wedding anniversary. In

April, the entire family gets to experience the Blazing Sun, warm beaches and thrilling adventures of Club Med.

Example #2

I know that it is okay to say “No” or to say “I’m tired” or to even say “I don’t want to” when someone asks me to do something. I stay in control of my time so that I am stress-free and in full control of my emotions. I schedule my time carefully and keep the commitments, which I have made.

My thoughts are disciplined which enhances my ability to always be present at the moment. I thrive on gaining new knowledge and learning new ideas in my career. After reading I summarize what I read and remember the main points. I take notes and write summaries to share with my colleagues. Because I am increasing in my intellectual capacity I recall things when needed. I like deep good imagination. I always learn one new idea each day that improves my skills and effectiveness. My mind is focused on the task at hand!

I write goals down daily and get great pleasure from accomplishing them. Throughout the day, as interruptions occur I handle them graciously and immediately return to the priority at hand. The intensity of my concentration impresses all who come in contact with me. I maintain focus!

My capacity to remember things and people’s name grows every day. As I - ing the conversation and associating with something unique about him/hers. People are amazed at my remarkable memory.

I am improving my communication skills more each day and my family and co-workers are amazed at how effective I am. I create an atmosphere where people can feel comfortable and enjoy talking with me. I discuss issues promptly, which fosters mutual understanding. Others appreciate my openness and gentle honesty and this improves my relationships with those around me. I am calm in a crisis. I have great insight and understanding of those I meet.

Questions?

Have the participants write their Personal Development section for 35-40 minutes

Interactive

Group share: 2-3 people share their favorite paragraph

Focus - Recording (1 hour)

Share your adaptation of the following:

So we're going to shift gears now. Remember at the beginning of the workshop I said that Ideal LifeVision was about 2 things - Clarity and Focus? Well, we've spent about 85% of our time on the "clarity" part. And now we will address the FOCUS part which as you know is the Daily Listening of your LifeVision.

Ask the question: Why do we record our LifeVision?

Get response

Make sure the following is covered in the answers:

- 1) Our voice is our most believable voice so our subconscious "believes it" (anything about getting into the subconscious)
- 2) Multi-task factor - Because if you had to read it everyday you wouldn't. Listening while you're driving, exercising or doing mindless work is an EASY habit to develop and sustain.

Music (5 minutes)

One of the most distinctive and unique features of creating your LifeVision is that it is recorded with your own voice and listened to daily. But even more intriguing is that it is recorded with music in the background and more specifically, Accelerated Learning Music.

There is tremendous power in music and sound, its positive use can empower and assist people in achieving their goals. In our busy and noisy world, audio choices are often unknowingly presented, or thrust upon us. Our audio environment, whether deliberately chosen or unconsciously accepted, affects our energy and performance. Often, without being aware, we allow our days to be filled with this noise pollution that takes a heavy toll on our mental, emotional, and physical states of functioning.

Music and sound are very real forms of energy that, like other energy forms, can be controlled and directed to achieve a desired outcome. This energy has the power to do things like shatter glass, affect the functioning of internal organs, and even be used to subdue an enemy. It can also be used, among other things, to facilitate physical healing, reduce pain, treat psychological and behavioral disorders, improve one's strength and ability to compete, and enhance the ability to develop and learn.

As reported in Ostrander and Schrader's Super Learning, research discovered that the ideal state for learning is when the brain is in a relaxed, but aware state. However by

relaxed, it is not meant that the brain is asleep or non responsive, but focused and aware. It is in this state that brainwaves run approximately 8 to 12 cycles per second or hertz. This is called the Alpha state. Alpha is simply a state of mind when you are feeling calm and relaxed, similar to how you feel when you whistle a happy tune, or when you are daydreaming.

Getting into the Alpha state can be achieved in a number of ways and most of us achieve it several times during the day. At this time the mind is clear, receptive to information, and rapidly making connections, activating realizations and deep thoughts. Many AHA!' moments occur when an individual is in Alpha. Years ago when this research was beginning to be explored, scientists were startled to discover that particular types of music can bring the brain into an accelerated-learning state.

Accelerated Learning Music is also referred to as High Performance Music, Relaxation Music, or Super-Learning Music. This type of music has been found to be the ideal back-ground sound for study, focus and concentration, training, and stress reduction.

Research has shown that music at 60 beats per minute causes your brain to produce more Alpha [calmness] waves. This happens on both the left brain's analytical hemisphere and the right brain's creative spatial hemisphere. When both hemispheres are engaged, the brain is able to receive more information. In addition this allows you to retrieve information quickly because the music acts as a carrier wave to long-term memory storage.

Baroque Music is an example of music that fits this description. Baroque is a style of Euro- pean Classical Music that extends from 1600 –1750. This era began after the Renaissance and was followed by the Classical Era. Composers of the Baroque period include Bach, Handel Vivaldi, Purcell, and Scarlatti. Listening to Baroque music is a common and popular method to achieve an Alpha state.

Accelerated Learning Music speaks to your subconscious as well as your conscious mind, creating a bridge of awareness, which allows you to begin tapping into your unused capabilities. This allows additional opportunities to insure that your powerhouse subliminal mind is going in the same direction you are. With Accelerated Learning Music you will heighten the effects of your LifeVision action messages to your inner mind. While the mu- sic plays, you are in the ideal state for mental training. Accelerated Learning Music helps synchronize brain hemispheres & body rhythms creating more efficient and productive patterns.

(Tell them that there is the RIGHT music on the membership dashboard that they all have)

Recording (20 min)

In the olden days when you wanted to record your LifeVision, it was done the archaic way of using a cassette recorder. I recorded my first LifeVision using my children's

Fisher Price tape recorder! But what a task! With new technology, there are now several ways to re- cord your LifeVision and add music with ease. Some find that recording their LifeVision becomes intimidating and delay their recording or even worse, do not record at all. You want to get your LifeVision in action and make things start happening now. There are 3-4 ways to do it:

- 1) If you have an Apple Computer, you'll use Garage Band which comes standard on every Mac.
- 2) If you have a PC, you can use either Audacity (if you know how to use it and are fairly technically savvy or The Vision Guider, which you can download from the dashboard)
- 3) If you have smart phone, you can record it on your voice memo with music playing in the background (can't adjust music or voice volumes)

Do a demo on Garage Band

See manual for specific instructions

Do a demo on the Vision Guider or play the video

Listening to Your LifeVision (5 min)

So when should you listen to your LifeVision?

Go over the pros and cons of Morning and Evening Listening

Make your own list of Pros and Cons:

-
-
-
-
-
-
-
-
-
-

Interactive: (1 min) Ask the participants to turn to the person next to them and declare when they will be listening to their LifeVision.

Updating and Tweaking Your Ideal LifeVision (10 min)

Ideal LifeVision is a powerful and simple tool that can be implemented daily every day for the rest of your life. Your LifeVision can provide many benefits such as maintaining good habits, to rid yourself of negative habits, to achieve a particular goal, and to progress to a new level. LifeVision is not a static document or recording but an ever-evolving vision of your ideal life as you achieve your goals and aspirations.

There are several different reasons why you would update your LifeVision.

1). The best reason is because you already accomplished what you wrote and recorded.

Give an example of a “been there, done that”

2) Your goal doesn't resonate with you anymore and you aren't excited about listening to your LifeVision because it's not what you want. Can you change your mind about what you put into your LifeVision? (of course)

3) There may be things or areas that you completely forgot the first time and wish you would have included.

4) As you begin listening to your LifeVision, you start visualizing in more detail about what it is that you want. The “picture” becomes clearer and you realize what you've written and recorded isn't doing your goal justice. You would update to add more clarity, details and motivation to it.

5) You might feel there are parts that are boring or that you find irritating that you can't wait to get rid of.

6) You like the content of your LifeVision but the recording is not what you want it to sound like. You may have stumbled on a word, or you might think you sound tedious or speak in a monotone voice. Perhaps there are areas that you wished you had spoken with more inflection or enthusiasm.

These are normal and to be expected. LifeVision “nausea” is common with your first recording and within the first month of listening to it. Because this is your first time writing your LifeVision you will learn things along the way that will make a successful recorded LifeVision for you. Simply Revise your LifeVision and re-record it, before long you will have it just right and be on your way to reaping the benefits of your efforts.

Important! It is critical that you update and revise your LifeVision as soon as possible if LifeVision nausea occurs. With your initial LifeVision it is particularly crucial. Otherwise, despite your intention of re-recording a Revision, you may just stop listening, and before you know it, days and months will have passed and no ReVision and no listening! You will find yourself back to old habits and ruts and living an unfulfilled life.

**Suggestions:

- 1) Have participants record within 1 week and email you that they have.
- 2) Suggest that they re-record again within 3 weeks of workshop to iron out the “bugs” and to prevent LifeVision “nausea”.
- 3) Have them email you with their first “miracle” and keep a folder of testimonials and successes to use in future workshops, speaking etc.

Continued Coaching -Upsale (15 min)

**Practice giving this part of your presentation multiple times so you can do it with ease and confidence. Your participants will only purchase additional coaching if they feel you are comfortable and confident in presenting this option to them and you are capable of delivering what you say you will.*

Share your adaption of the following:

This workshop has given you the knowledge and led you through the steps for creating your LifeVision. You will soon be enjoying the life you have dreamed of. You have been equipped with new ideas and new ways of thinking. You may however get stuck or reach a block you don't know how to remove

It is the role of a coach to ask - "Why did you say that?" "Have you thought about this?" "Would it be more powerful if you wrote something about?"

A coach can see through the uncertainty and doubt to the grand and successful potential that lies within you. The coach sees what others don't and that you yourself might not see. A coach is an advocate, someone who wants you to succeed.

Present your line-by-line offer and/or Accountability coaching and/or ReVision Mastermind workshop.

Checklist for Workshops

Set a Workshop date 6-8 weeks in advance.

Secure your workshop location.

Customize your outline with samples, success stories, & interactive exercises.

Review the Vision Guider, Garage Band, and Audacity demo's and tutorials. Practice teaching how to record using these options.

Prepare written samples of Key Life Areas in a "Classroom Copy" folder.

Prepare 2-4 UpSells and fliers for tools and services:

- Accountability Coaching
- ReVision Mastermind
- Line-by-line feedback with 1 hour coaching appointment
- Friends and Family referral - 30 minute appointment

Make certain all of your audio and visual presentations are prepared and working properly, have stand-by options available for an emergency back up if needed.

Prepare the logistics of lunch locations. (Consider using the lunch hour as a "working lunch" to use as an opportunity to review recording options)

Emails

- Thanks for Registering
- 7-5 Days Before
- The Day of or Day After
- 1 Week After
- 1 Month After

Marketing strategies to advertise your workshop.

Create a Facebook Event

Attend 4-6 Networking Events 2 Months Prior

Follow Up with all possibilities to attract participants via phone, referrals, networking etc.

Create Laser Vision Activation Sessions.

Create a Tele-Call Series or Free Tele-Class.

Secure speaking engagements.

Engage Affiliate promotions of your workshop.

Following Up after your workshop.

Create a database of participants for marketing One on One Coaching, Accountability Coaching, ReVision Masterminds and when announcing new products and services.

Sample Workshop Emails

Email #1 - Send When A Participant Registers

Date: July 14-15

Time: 9:00 am - 5:00 pm

Location: Holiday Inn Express 415 Century Blvd, Salt Lake City

Thanks for registering for the upcoming Ideal LifeVision Workshop. We have some very dynamic people in the group and I can't wait to see the synergy that is created!

Having a recorded LifeVision and listening to it daily can truly be life-changing. This workshop is all about getting very CLEAR on the details of your goals, ideal life and creating a vision complete with action plans and motivation. As a final step in the workshop, You'll have the opportunity of recording some of your LifeVision. I'll show you how with several different options.

Prior to workshop do the following:

- 1) Skim or read through the Creating Your Ideal LifeVision Manual/ Materials on the dashboard (Only do the exercises you feel you need extra support with) This will give you an idea of what we will be doing at the workshop.
- 2) ****IMPORTANT!** Make sure you have iTunes downloaded onto your computer. If you don't please go here and download it: <http://www.apple.com/itunes/download/> Also, go to the RECORDING tab on the online dashboard and take some time and get VERY familiar with how to record your LifeVision. YES, THIS IS AN ASSIGNMENT and is not optional. If you are a PC user, download The Vision Guider (It's on the recording tab on the program) Make sure you are familiar with how to do it. Apple MAC users, same thing - get familiar with HOW-TO recording using Garage Band. Go to the recording tab and spend 30 minutes on this assignment so you can record part of your LifeVision at the workshop.

3) Do STEP #1 on page 39-40 in the manual. Write this down (computer or notebook and bring it with you. Do it for each of the 5 LifeVision Sections: Physical, Spiritual, Relationships, Professional/Financial, Personal Development/Emotional.

* It is very important that you do this PRIOR to the workshop, or you will not be able to finish that day.

Homework Example: Physical:

lose 13 lbs by March 1st
work with a personal trainer
run in a marathon
eat more nutritiously
cut out soda & sugar
buy a bike and begin riding with girlfriends

Do the Jordanelle sprint triathlon

in August wear a size 8
update my wardrobe

If you have any questions, please feel free to email or call me @ 801-274-0849 (office) or 801-746-9350 (cell).

BRING A LAPTOP to the workshop. (If you don't have one, a notebook will also work.)

One week prior to the workshop you'll be receiving a reminder email along with directions. (If you need more info regarding what a LifeVision is in general, please visit my website: www.ideallifevision.com)

Warmly, Ann Webb

PS. This is going to be awesome! Prepare to get REALLY clear on what your life is about and for some radical change!

Email #2 - Send The Week of The Workshop (5-7 Days Before)

LifeVision Workshop Participants..... A few reminders:

~Make sure you have The Vision Guider and iTunes downloaded onto your computer and are familiar with how to use it. (Mac owners, make sure you know how to record with Garage Band, using the step-by-step instructions in the Recording section.

~Please be prepared with your list of bullet-point goals (step #1 on page 55 or 58) Don't forget to bring it and give extra attention to Professional section as this section tends to be longer than the rest.

~Bring a laptop. Extension cord too!

~Skim book or read through it entirely if you have time.

~If you have a hard-bound copy of the manual, bring it, otherwise you'll be logging in online to the online manual. (know your username and password)

~ Be on time: 9:00 - 5:00

Warmly,
Ann Webb

Directions:

Coming from the South:

1-15 north to 215 beltway. Take beltway EAST until you reach 3300/3900 South. Exit and at the end of ramp make a left.

Email #3 - Send The Day After The Workshop

Yesterday was AWESOME. Congrats on your hard work and putting forth the effort that you did.

Here's THE PLAN:

- 1) Any areas you didn't complete, finish up
- 2) Make it a goal to record your entire LifeVision within a week. (email me when you do!)
- 3) Make an appointment with yourself to RE-RECORD it 2 weeks later to iron out the "bugs"
- 4) Develop the habit of listening 6-7 times per week.
- 5) Tweak and re-record as necessary, and LISTEN to it!
- 6) Send me an email about your first "miracle".
- 7) Let me know if you want me to archive your LV

Also, my next 2 day Workshop is Nov 12-13 for friends and family that might like to come. More info here:

<http://ideallifevision.com/events/workshops/>

Looking forward to hearing about your successes. We had a great group yesterday and I hope to keep in touch. I have attached more information on my follow-up coaching programs if you find you need some one-on-one help staying on track, getting it recorded, etc.

Warmly,

Ann Webb

801-274-0849

LifeVision Follow-up Coaching Program

LifeVision Coaching Program is ideal for those who have just finished the Ideal LifeVision Workshop and want accountability in getting their LifeVision recorded, as well as developing the habit of daily listening and updating it on a regular and consistent basis. This 90 day program includes Line-by-

line feedback of your entire lifeVision, one-on-one coaching sessions, plus motivational emails.

You will:

- Begin imprinting the vision of your Ideal Life on your subconscious mind by listening to your LifeVision daily.
- STAY ON THE WAGON!! :)
- Update your LifeVision as you begin accomplishing significant goals
- Set a system in place for regular “tweaking” and updating
- Be inspired and motivated through weekly emails
- Have opportunities to get feedback on your LifeVision
- Receive mentoring by Ann Webb, LifeVision expert or one of her affiliate coaches

The Program includes:

3 one-on-one coaching calls (30 minutes each) \$225 Value

35 emails over 90 days to inspire & motivate you \$75 Value

Line by Line feedback of your entire LifeVision with 1 hour coaching: \$200 Value

Investment: \$297

Sign-up today and get started! Contact Ann with questions: 801-746-9350 or at

ann.webb@ideallifevision.com

Email #4 - Send One Week After The Workshop

Hello LifeVisioners!

Just a short note to remind you that it's been just over a week since our Ideal LifeVision workshop. Put away your perfectionism & procrastination and get your LifeVision recorded NOW!! Just do it! Also, don't forget to email me after you've finished recording it and then once again with your first miracle.

For those who are realizing that they may need support to STAY ON THE WAGON, please contact me to find out more about line-by-line feedback and/or accountability coaching! 801-746-9350.

My next workshop is Nov 12-13 if you have any friends or family that would like to be included. To make it a WIN/WIN, I offer \$50 coaching credit for each workshop registration. <http://ideallifevision.com/workshops/>

Looking forward to hearing about your SUCCESS in the very near future!
Warmly,

Ann Webb

Ideal LifeVision

8011-746-9350



Congratulations on completing Certification with Ideal LifeVision. Now its time to enjoy the financial rewards and personal fulfillment of helping others create their most Ideal Life.

As more people are looking for guidance in creating clarity in their lives and are looking for proven strategies to create success in their personal and business lives, the more they see Ideal LifeVision coaching as a way to empower and ignite their dreams and aspirations.

As you begin your coaching journey with purpose and passion, your confidence and genuine success will attract coaching clients to the valuable gifts and talents you have chosen to embrace and develop. Your joy will be evident as you help people overcome challenges, dispel their limiting beliefs and achieve their goals.

Ideal LifeVision applauds your achievements and offers continued support in your coaching business. Please let us know of your wins and success so that we can shout it from the rooftops, we are your biggest fans!

May your Vision be clear, your Life be full, and your coaching be Ideal.

Ann Webb
Ideal LifeVision Founder