

# What I Want

We're going to look at seven categories of your life and decide what you want to create or experience in each of these categories. In doing this exercise, I want you to think about what you want in terms of the next twelve months as the time frame you are working with. If we were sitting here a year from now, what would you like to have happened in each of those categories? I am going to suggest you come up with three things for each category.

Please write down what you would like to achieve in the next year in each category of your life. Close your eyes and listen to your gut, asking for the images of what your ideal life would look like if you could have it exactly the way you want it. Then jot down those images for each of the following categories. How much, by when? Success must be measurable and with a deadline. Set one which is not a huge stretch and will freeze you, but something realistic. Should you receive any "intuitive hits" (*inspired thoughts which seem to come out of nowhere but are aligned with your WHY*) while completing this, add them to the last section of each category. Make this a living document, constantly updated!

## My Financials

*What is your ideal annual income and monthly cash flow? How much money do you have in savings and investments? What is your total net worth? What does your home look like? Where is it located? Does it have a view? What kind of yard and landscaping does it have? Is there a pool or a stable for horses? What does the furniture look like? Are there paintings hanging in the rooms? Walk through your perfect house, filling in all of the details. At this point, don't worry about how you'll get that house. Don't sabotage yourself by saying, "I can't live in Malibu because I don't make enough money." Once you give your mind's eye the picture, your mind will solve the "not enough money" challenge. Next, visualize what kind of car you are driving and any other important possessions your finances have provided.*

<Insert Image>

How much, By When? How would you quantify this goal?

Intuitive Actions I will take to reach this goal:

## **My Career**

*Visualize your ideal job or CAREER. Where are you working? What are you doing? With whom are you working? What kind of clients or customers do you have? What is your compensation like? Is it your own business?*

<Insert Image>

How much, By When? How would you quantify this goal?

Intuitive Actions I will take to reach this goal:

## **My Free Time**

*Focus on your FREE TIME, your recreation time. What are you doing with your family and friends in the free time you've created for yourself? What hobbies are you pursuing? What kinds of vacations do you take? What do you do for fun?*

<Insert Image>

How much, By When? How would you quantify this goal?

Intuitive Actions I will take to reach this goal:

## **My Body and Health**

*What is your ideal vision of your BODY and your PHYSICAL HEALTH? Are you free of all disease? Are you pain free? To what age do you live? Are you open, relaxed, in an ecstatic state of bliss all day long? Are you full of vitality? Are you flexible as well as strong? Do you exercise, eat good food, and drink lots of water? How much do you weigh?*

<Insert Image>

How much, By When? How would you quantify this goal?

Intuitive Actions I will take to reach this goal:

## **Relationships**

*What is your ideal vision of your RELATIONSHIPS with your family and friends. What is your relationship with your spouse and family like? Who are your friends? What do those friendships feel like? Are those relationships loving, supportive, empowering? What kinds of things do you do together?*

<Insert Image>

How much, By When? How would you quantify this goal?

Intuitive Actions I will take to reach this goal:

## Personal Fulfillment

*What about the PERSONAL ARENA of your life? Do you see yourself going back to school, getting training, attending personal growth workshops, seeking therapy for a past hurt, or growing spiritually? Do you meditate or go on spiritual retreats with your church? Do you want to learn to play an instrument or write your autobiography? Do you want to run a marathon or take an art class? Do you want to travel to other countries?*

<Insert Image>

How much, By When? How would you quantify this goal?

Intuitive Actions I will take to reach this goal:

## Community

*What is the COMMUNITY you've chosen to live in? What does it look like when it is operating perfectly? What kinds of community activities take place there? What charitable, philanthropic, or volunteer work do you do? What do you do to help others and make a difference? How often do you participate in these activities? Who are you helping?*

<Insert Image>

How much, By When? How would you quantify this goal?

Intuitive Actions I will take to reach this goal:



Now to maintain motivation every day, review the visions you have written down. This will keep your conscious and subconscious minds focused on your vision.

Share your vision with a good friend whom you can trust to be positive and supportive. You might be afraid that your friend will think your vision is too outlandish, impossible to achieve, too idealistic, unrealistic, or materialistic. Almost all people have these thoughts when they think about sharing their vision. But the truth is, most of our fellow humans, deep down in their hearts, want the very same things you want. Most people want financial abundance, a comfortable home, meaningful work they enjoy, good health, time to do the things they love, nurturing relationships with their family and friends, and an opportunity to make a difference in the world. But too few of us readily admit it. You'll find that when you share your vision, some people will want to help you make it happen. Others will introduce you to friends and resources that can help you. You'll also find that each time you share your vision, it becomes clearer and feels more real and attainable. And most importantly, every time you share your vision, you strengthen your own subconscious belief that you can achieve it.

Remember to read your visions every day when you first wake up and before you go to bed at night.

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