



Discover How To Create Your Future Without Stressing Over It

The events of the world may be keeping you up at night, or you may be feeling that life is a constant cycle on a hamster wheel. Many people often question their future in times of uncertainty or simply feel stuck in life.

No matter what is happening inside or outside of you, you have the gift to create the future you want. You only need to ***believe in yourself*** and ***trust in your vision***.

The definition of vision is: something that you imagine, a picture that you see in your mind, a clear idea about what should happen or be done in the future? (Britannica.com)

What does it mean in life? Think of vision as a way that shifts your focus from **what is** (your present) to **what will be**.

It allows us to think about our future and set a target for where we want to be. Without vision, we cease to achieve the dreams and experience the life we want for ourselves.

So many of us tend to go about our day, our lives not knowing where we want to be one day, not knowing what direction to go in life or what our future could hold.

We allow ourselves to slip into a life of habits and routines that don't raise us to our highest potential.

If you don't seek out your own vision, you will follow the direction of other people and take on their circumstances in life.

Exploring your vision is an opportunity to create something bigger than you thought possible. Imagine what your life could look like next year, five or ten years.

It doesn't matter what your life circumstance is or how old you are. You can create a new vision at any stage of life.

Being aware, clear, and committed to your dream will help motivate you to design your vision and not leave it up to chance.

Look at the following areas of life. Is there one or more areas of your life that you would like to change?

Relationships
Money

Emotional Health
Spirituality

Physical Health
Time

Career
Recreation

Life is a journey and along the way there may be different paths that you need to take. Follow the next four steps to help you get a clearer insight into your vision and create your future.



Here are four steps to guide you in creating your vision.

Asking Questions

Start with asking yourself questions. This will allow the brain to start thinking in new thought patterns; these questions will plant seeds of growth.

Be detailed and notice that something inside you wants to be changed. There is no judgment or shame, only awareness, that's all.

Learning to ask questions of yourself frequently will keep you focused.
The universe answers every question you ask but are you asking the right questions?

Listen to yourself. If you often ask, why don't I have enough of this, or why do I lack that? Then you are coming from a place of lack; you are walking through life with the wrong energy, in the wrong mindset.

Looking at what you don't have and feeling the emotions you don't have will only keep you stuck in what you don't have.

Here are some questions to start asking yourself:

- What do you really want? What really matters to you in life?
- How do you want to grow as a person?
- What would bring more joy and happiness into your life?
- Where do you think you need to make changes in your life?
- What do you want to achieve? How are you going to achieve it?
- What are your values? What qualities would you like to develop?
- Who are the people you want to surround yourself with?
- What are your secret passions and dreams?
- How do you want to feel when you get what you want?
- How can you contribute and give back to others?

It may be helpful for you to learn to ask yourself questions daily and be creative. This will help the brain start to look for the answers, and then you will begin to see small shifts as you are creating evidence.

Centering/Inner Alignment

Conduct a practice to center yourself regularly. Be open and hold integrity for yourself by creating space to align with your mind, body, and spirit, not the world outside of you.

Acknowledge what's inside of you, your gifts, talents, and abilities. What are they?

You may have to let go of old patterns, thoughts, feelings, and habits that no longer are serving you and your vision.

Ask yourself: How is it that my past no longer serves me anymore? What is it I no longer need to hold on to?

Spend time reflecting and visualizing, however that looks for you, so that you can see the life you want to live, keeping you connected with your vision.

Here is a list of different activities to help the mind, body and soul be open to new possibilities.

- Mediation
- Walking
- Dance
- Journaling
- Thinking time
- Riding a bike

Put It In Writing

Have a journal or notebook to write down your thoughts and what you visualize. Do this after your centering practice. Jot everything out you saw or felt, even if it doesn't make sense right now.

In the beginning, it may feel uncomfortable, but it will start to take shape, and you'll create your own style.

There is something magical to getting it out of your mind and putting it on paper. Writing it out will help you gain clarity and focus to activate your brain in a way that just dreaming about it does not do.

Execute into Action

Begin to design, create, and formulate specific, measurable goals. Making the actions small and doable will help you stay motivated, and seeing actual results will keep you focused to seek out the end goal.

What short-term actions will you do every day to lead you to the long-term goal you envision?

As you do the work, your momentum may slow down, or resistance may sneak in; you will fail and feel like a fraud. *This is all normal.* Keep challenging yourself to pursue the journey to the end.

Ask yourself:

- What conversation(s) do I need to have?
- How do I need to treat myself?
- How do I need to feel to complete this goal?
- What will happen if I don't follow through?

Tips to Remember

The road to your future lies in the success of your journey.

You are in the driver's seat, be aware that there will be distractions along the way, so it is important to keep looking ahead.

Life changes are unforeseeable and can deter your plan. It is crucial to revisit your vision often, as you may need to alter your vision to keep you on the trajectory of moving forward.

If you find yourself struggling to figure it out or need encouragement along the way, reach out to someone for help.

As you continue moving forward, look back and reflect on your journey and acknowledge the accomplishments YOU created in your life.

GO AHEAD AND BLOW YOUR MIND