

Make Your Vision Statement

Instructions for using your crystal ball:

This exercise works best if you give yourself permission to let your imagination be free, unshackled by voices of self-doubt and disbelief. Let yourself be fully open to what you might really want. For this exercise, you are to assume for a moment that by magic a powerful change has occurred in your life, leaving you with a robust, healthy lifestyle. As a natural way of life, your daily food and exercise choices have caused your body to be healthy, energetic, thin, and disease resistant. As you gaze into a crystal ball and see what your life is like in this new future, what part of what you see pleases you the most? What do you see yourself doing that would be delightful? What part of what you see is personally moving and deeply important?

In the space below, briefly describe what you really want to be a part of that new future. What do you look like, what are you doing that is important to you? Make your description in the form of a brief vignette that graphically represents something that is compelling to you. Let it symbolize something wonderful that is empowered by your robust, healthy lifestyle. Infuse your description with color and emotion. For example:

- I see myself running joyously through the beautiful green park with my little ones in hand, laughing together at the game we are playing. I look and feel great.
- I see myself in a size 6 swishy red dress, dancing until the early hours of the morning with the person I love. The look in his eyes tells me I look fabulous. I feel sexy and alive.
- I see myself looking fit and trim, hiking in southern Utah with my grandkids, as together we connect with the wonder of the beautiful red rock canyons.
- With my spouse, I see myself confidently volunteering to perform extended acts of service. Our energy flows freely, our minds are clear, our bodies are strong as we anticipate making a difference in the lives of others. Life is meaningful and good.
- I see myself in my sleek new workout clothes energetically running up the stairs, my mind clear, my confidence secure, and my body strong.

A word of caution:

Avoid overly general descriptions like, "I see myself losing weight," or "I see myself getting healthier and living longer." These images are too bland to create the clear picture of what you want to move towards. Make your vision of what you want to be clear, powerful, colorful, joyous, and genuinely important to you. Remember, clarity equals power. A clear picture of what you want is the best way to make your motivation powerful enough to keep you going long enough to genuinely change your enduring habits. What you write will be your "Vision of the Future" throughout this training.

EMPLOYEE
Blomquist Hale
ASSISTANCE

I see myself ...