

# FREE ASSESSMENT EXERCISE 1 - The Vision Exercise

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Excerpt from 'The Success Principles' by Jack Canfield

*Create your future from your future, not your past.* - WERNER ERHARD

**The following exercise is designed to help you clarify your vision.**

Although you could do this as a strictly mental exercise by just thinking about the answers and then writing them down, I want to encourage you to go deeper than that. If you do, you'll get deeper answers that serve you better.

Start by putting on some relaxing music and sitting quietly in a comfortable environment where you won't be disturbed. Then, close your eyes and ask your subconscious mind to give you images of what your ideal life would look like if you could have it exactly the way you want it, in each of the following categories:

1. First, focus on the **financial area** of your life. What is your annual income? What does your cash flow look like? How much money do you have in savings and investments? What is your total net worth?

Next...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 colour are the walls? What does the furniture look like? Are there paintings hanging in the rooms? What do they look like? 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.

**2.** Next, 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?

**3.** Then, 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?

**4.** Next, what is your ideal vision of your **body and your physical health**? Are you free of all disease? How long do you live to? 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?

**5.** Then move on to your ideal vision of your **relationships** with your family and friends. What is your relationship with your family like? Who are your friends? What is the quality of your relationships with your friends? What do those friendships feel like? Are they loving, supportive, empowering? What kinds of things do you do together?

**6.** What about the **personal arena of your life**? Do you see yourself going back to school, getting training, attending 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?

**7.** Finally, focus on the **community you live in**, the community you've chosen. What does it look like when it is operating perfectly? What kinds of community activities take place there? What about your charitable work? What do you do to help others and make a difference? How often do you participate in these activities? Who are you helping?

**(I added my romantic relationship to this exercise too)**

You can write down your answers as you go, or you can do the whole exercise first and then open your eyes and write them down. In either case, make sure you capture everything in writing as soon as you complete the exercise.

Every day, review the vision you have written down. This will keep your conscious and subconscious minds focused on your vision, and as you apply the other principles and tools in the book, you will begin to manifest all the different aspects of your vision.

### **Share Your Vision for Maximum Impact**

When you've finished writing down 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 people, deep down in their hearts, want the very same things you want.

Everyone wants 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 that 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.