

CREATE YOUR TANGIBLE VISION

Create your tangible vision so that it becomes actionable and directs your subconscious mind and behaviour to that which is conducive to achieving it.

There are two options for creating your tangible vision, so choose the one that suits your preference (or do both!)

VISION BOARD

PREPARATION

- First, decide whether you are going to do a computerised version or a scissors and glue version. If you decide on scissors and glue, you will need a large piece of board to stick your images to.
 - Make sure you won't be disturbed – you'll do a better job if you commit the time
 - Make sure you have worksheets 1 and 2 to hand – you will need this detail to create your Vision Board
1. Gather lots of images that you feel represent the things you listed as wants or values, as well as images of anything that simply makes you feel good. If you're tearing these images from magazines, create a pile of them and if you're using the internet, collate them in a document. Try not to analyse what you are doing too much, just gather anything that stands out to you – you are going to select the best ones afterwards
 2. Sort through the images and reflect on each one for a few seconds or minutes. Choose the ones you like the most and feel you want to use
 3. Find a picture of you that represents you in a positive frame of mind, or at a positive time of your life, or a picture of your business logo if that feels like it's a better focus for the vision board. Put the picture of you or your business logo (or both) in the centre of the board
 4. Lay the other images on your board, or position them on your computer screen. As you do this, you will get a feel for how you want them to be positioned. You may choose to lay them out according to what they represent: buildings, possessions, holidays, awards, feelings etc., or according to wants and values. Paste the images onto the board if you're using scissors and glue

Your Vision Board is designed to inspire you every day. Your attention is incredibly powerful, so it's important that you hang it somewhere where you will see it daily. By having it visible, you will be motivated to do the things necessary to realise it.



PROVOCATIVE PROPOSITION

PREPARATION

- Make sure you won't be disturbed (turn off your phone!)
- Make sure you have worksheets 1 and 2 to hand – you will need this detail to create your Provocative Proposition

Now, allow yourself to imagine a specific day at least 12 months in the future when your life and business is exactly as you want it to be (based on your vision).

Now, write your account of that day as if you were writing it at the end of the day. Rather than simply walking yourself through it, it is important that you immerse yourself fully in it, describing it in full detail, so that if someone else were to read it, they would also experience it as if it were them.

Start with “Today is [day], the [date], and I...”

Describe waking up:

Where are you?
What are your surroundings? What can you see, hear, taste and touch?
How do you feel?

Describe getting ready for your day:

What do you have for breakfast?
What does it taste like?
What do you dress in?
How do you look?
How do you feel?
Why?

Describe getting on with your day:

What do you do?
Where do you go?
Who do you see?
Who do you talk to?
What about?
What do they say?
How does it make you feel?
Why?

You get the picture!

Your Provocative Proposition is designed to evoke all your senses so that the day in the future that you have created is fully experienced as if it were real. As a result, it becomes real in your subconscious mind and as you now know, that means it's real!

Your attention is incredibly powerful, so it's important that you do not simply put your Provocative Proposition in a drawer, never to be seen again. Read it occasionally and fully immerse yourself in it when you do as by doing so, you will be motivated to do the things necessary to make it happen.