THE FREEDOM ACADEMY

VISION POWER

Workbook 2

“Resistance is Created Through Lack of Clarity”

CLARIFY YOUR VISION

CLARIFY YOUR ‘WHY’

Completion of this document does not imply any guarantees of business success or income whatsoever.

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Important

You will only gain benefit from this workbook by working through it with the audio recordings provided. These have been specially prepared to guide you through the process at the right pace and in the right order.

Retail Price £60 + VAT

Creating Your Vision

What is the direction of your Vision? Where are you going? You've thought about this question already, but in a moment, you may need to revise this.

And when you 'know' your direction, 'how' do you get there. 'How' do you turn your dream or vision into reality?

We use a process called 'dreambuilding'. Developed over 30 years it's very simple, very process oriented, even logical, which may not be what you'd expect, but it works. It's worked for thousands of people - and it's not 'magic'!

It rests on the principle that **everything is created twice**.

Everything that humanity has created was created twice.

Consider the chair you're sitting on. Before it was created or manufactured as a physical object it was created as an idea or vision in the mind of the designer.

First a vision, and then 'real'.

A simple example perhaps but landing a man on the moon and bringing him back safely was Kennedy's vision. It took nine years for it to become real.

The thing is that in order to create that vision in the first place you have to think about it and visualise it in full. Kennedy didn't just visualise 'landing on the moon' there was the 'bringing back' as well'.

Wallace Wattles in **'The Science of Getting Rich'** (and he wasn't talking about money) wrote "*there is no labour from which most people shrink as they do from that of sustained and consecutive thought; it is the hardest work in the world"*.

Are you ready to use your thoughts to define your dream?

But this isn't just 'thinking'.

Anyone can 'think about it'. We all have 'thoughts' all the time, they come, and they go, so we need to 'capture' them.

We do this by writing them down.

Now here's the thing. When I say 'writing them down' that's what I mean - writing, by hand, on paper.

When we do that, we make a connection, a pathway, between the right and left brain that 'holds that thought' in our consciousness. Eventually we'll probably evolve so that the same thing occurs when we use a keyboard but right now, we don't seem to have that internal technology.

It just works best when we *write*.

Clarify Your Vision

Here's what you should think about to clarify your dream, vision or ambition - whatever you prefer to call it.

Sometimes we don't have specific goals related to our motivation. We have 'longings' - things, situations or behaviours we want, and 'discontents' - things we are 'unhappy' about.

What are my longings?

What are my discontents?

Next think about - and briefly write down your thoughts on:

What is the life I would I LOVE to live?

I've used the word 'love' deliberately because what you write here comes from the 'heart' and not the 'head'.

Forget about the 'how', forget about all your built in 'restrictions' about what you 'can' and 'can't' do, and especially ignore all those things that other people have told you during your life so far that you 'can't' be, do or have.

Tip: think about **feelings** - how will you **feel** in the live you would love

'Let go' and write a short statement - you'll have the opportunity to expand on it later.

Motivation

We are all motivated in two ways. There are things or situations that we want to move **away** from and things and situations we want to move **towards**.

There are 'away' goals - things we want to *stop* or get away from, and there are 'towards' goals - things we *desire* to be, do, or have.

Quite often the 'away' goals seem more important or urgent, and until 'achieved' they overshadow the 'towards' goals. We get into the mindset that we can't think about what we desire until we've got rid of what we don't.

This is partly true but in a slightly different way and we'll discuss how it works later.

Answer these two questions -

What are my 'away' goals?

What are my 'towards' goals?

Priorities

Now you can gain further clarity by breaking this down into different areas of life. You may have one overriding vision or you can have a vision (or dream) for each area.

There are many ways of doing this but let's simplify it down to just four:

SELF : This is about YOU, just you. Mind, Body and Spirit- anything to do with your physical or mental health, anything to do with your beliefs, anything to do with self-development or learning, anything to do with knowledge or physical skills including sports.

OTHERS : Relationships - Communication - where do you fit in the world of other people? It's not just about a special one to one personal relationship, but how you 'get on' with everyone, where you see your place in the world, the community you live in and society as a whole. How you view others and how you think they view you - who are you to them?

GIVING : this is all about **what you 'do'** or what you would love to do, how you'd like your 'career' to develop. It's not just about what you do in your job or business, it's everything else you do as well. What is your **passion** - what is it you desire to be, do and have? How will you spend your time, your money, and your life?

RECEIVING : Freedom - having the time and resources (usually money but it can be other things) to facilitate the life you would love - set the 'level' of time and money freedom that you desire. Also, freedom of action, freedom of movement and freedom of thought. **Freedom to be who you really are**. To some extent this is a result of the other three domains but it also takes into account external factors like restrictions that are applied to you by the country you live in or organisations of any type of which you are part. It may be that part of your vision is to escape from some of these external 'rules'.

Which of these domains is *most* important to me - right now? - Why?

The 'Dream', the Vision

Now for one area, or one item from each area, consider -

- **One** major challenge I'd like to resolve **right now**.
- If I could be doing *anything*, what would I *love*?
- What is my BIG goal for this year?
- What else would I love to accomplish this year?
- What would I love to be doing with my life?
- Where am I feeling stuck in my life right now?
- What would I need to move me in the direction of what I would love?

Covering all these topics create a vision for yourself, **for the next three years**, and **write it down**. We will consider the longer term later, for now just stick with the next three years.

But - here's the 'trick' . . .

Write it down in the **present** tense - as if it is already happening or has already been achieved.

Not "I will be" but "I am". Cast your mind forward to the time when you will have achieved your ambition and write as if that date has been reached.

This is *really important* and *key* to how 'dreambuilding' works.

And another thing . . .

Avoid the use of negatives. The subconscious doesn't understand them. For example, "I don't want to smoke" will be interpreted as "I want to smoke" and "I will stop smoking" is taken literally - you haven't stopped yet but you 'will'. For this you'd use "I have stopped smoking".

Create your vision now. (You'll probably need to use the back of this sheet as well).

My Vision - My ‘Dream’

Testing the Dream

Now your question is “how do I know this dream is right for me?”

Test what you’ve visualised against the following -

- Does it give me life? Y/N

Does your vision inspire you? Does it make you feel excited? Will it have you waking up each morning raring to go? Does it make you ***feel*** at last something is happening in your life?

- Does it align with my core values? Y/N

To answer this, you need to have an idea of what your core values and your ‘purpose in life’ are and if the answer is at all negative you may need to revisit what you hold as core values and your purpose the first step in this being to consult your coach

- Does it cause me to grow? Y/N

Look at your vision statement and consider the six questions you answered on Session 1. If the answer is ‘no’ or ‘not much’ then perhaps you need to expand your vision

- Does it require a power bigger than me? Y/N

If you *already know* what you have to do and exactly *how* you can do it then the answer is likely to be ‘no’.

However if you’re unsure of the ‘what’ or ‘how’, if you need resources you don’t have, if you need knowledge or skills you don’t have, if you need a coach or mentor to help you get there, then the answer will be ‘yes’ -we’re not talking about anything ‘supernatural’ here (not at this stage anyway!)

- Does it have some good in it for others? Y/N

Self-explanatory although it may require some thinking about. The only time the Vison would fail on this is if it were 100% in the ‘Self’ domain and didn’t touch on any of the others which is highly unlikely!

Five ‘yes’ answers mean that your vision is viable, it’s ‘right’ for you at this time.

Less than five needs a re-think, so go back and review the vision you created earlier and repeat the tests.

Commitment

When Kennedy asked rocket scientist Werner von Braun what i would take to get a man to the moon and back von Braun simply replied, “The will to do it”. Do you have the ‘will’ to make **your** moonshot?

Once you’ve decided on your vison than **commit to it**.

‘Deciding’ doesn’t get you anywhere. You’ve probably heard the question “Five frogs are sitting on a lily pad, one decides to jump off. How many frogs are there on the lily pad?”

And the answer is . . . ?

CHOOSE to act on your decision and – ‘just do it’

Write your vision down neatly on a sheet of quality paper and SIGN and DATE it at the bottom.

Perhaps laminate it and put it on the wall. Or if you prefer, ***now*** you can type it up, keep it visible on your screen or again laminate or frame it and put it on display - but **don’t** just let it just languish in a ‘file’!

Review it regularly and use all five senses to **‘feel’** and **‘live’** how it will be when the work is done.

Just for a few minutes maybe once a week or so ‘**put on’ that life** - **‘put on’ that person** - you don’t need to do this every day because as you’ll discover you’ll have more important, more immediate things to think about.

Be the person in your vision - just for a few minutes - **focus on the feelings**, not the things,

You have just taken your FIRST STEP – there are several more

In the longer term, later in the process, you’ll be working on a 25-year plan and for more on this you may like to look at ‘The 25-Year Framework’ by Dan Sullivan

Next steps

The next step of course is to turn your vision into reality.

There are two ways to do this.

You can 'do it yourself', which, yes, some people can, but only if they are desperate enough, determined enough or dedicated enough.

You <u>can</u> do this by yourself, no doubt about it, but it requires a lot of hard work to discover how; a lot of reading, a lot of studying, a lot of research, a lot of 'work' on, and by, yourself.

Or you can get help - but first ask yourself:

If I *<u>didn't</u>* believe it was impossible, or difficult, or hard work, what would I do now?

If I KNEW I couldn't 'fail', what would I do now?

You've created your vision; you know where you're going.

What you need now if you're *not* going to 'go it alone' is *help* to build a bridge 'back from the future'

From where you are in your vision to where you are now.

There are different types of help.

You can engage with someone to coach you, but this is often an undefined and unstructured process, and you need to be 'on the same wavelength' as your coach, and of course, this route can be expensive.