

Exercise 2: Your Vision Board

1. Find a picture of yourself and tape it to the middle of a piece of paper. The larger the paper, the better! Once your picture is affixed, go through each of the above headings and jot down a picture or symbol that would signify what each heading means to you. (The more pictures, the better). Once you've gone through your headings, start searching through magazines, the Internet and any other source to find pictures to paste around your central photo.
 - On my Vision board, I have me in the middle, with a woman doing Yoga for health, "\$\$\$" for financial freedom, a 66' Oyster Yacht, friends and family – all laughing and happy, my dream house, stick figures of my core, intellectual and business friends, a person with white teeth (I want super white teeth), \$10,000,000/year written out and finally a clip art that says "10, 10, 10" as me being a business owner. You can also write any kind of motivational blurb in the white space, but don't make it too busy!
2. Take your Vision board and put it on the wall where you'll see it often and throughout the day.
 - When I was employed, I had my vision board above my desk and now I have it above my computer in my study.
3. Any time you start to feel down, frustrated or stressed, take a break and a long deep breath, look up at your vision board and get juiced up about your life. Keeping a reminder of your ideal life will help you move towards it.
 - To me, I don't mind if I only make \$5million/year rather than \$10million – at least I'm heading in that direction.
4. One important thing to remember is that it's not what the house or car will give you, it's how you think you'll feel when you get it. A big house might allow you to feel more freedom, having a healthy body may give you more self-esteem and pride. When doing these exercises, really try to focus on how you'll feel when you achieve your ideal world.

Exercise 3: Your Goals

1. Take each of the 8 headings above and spend time writing out your entire years goals. Think to yourself, *'In one year's time, how much closer will I be to achieving my Ideal Word?'* Even if it is a tiny, tiny step, jot it down. I guarantee you'll be very surprised to see how quickly your goals start to miraculously happen!
 - a. I have about ½ of an A4 document for each heading and I really focus on making sure to enter what I want to achieve and how I'll feel when I achieve it.
 - b. Furthermore, I've created a time-line with Jan-04 to Dec-04 written along the top of a spreadsheet. I then have a list along the side that has Income, House, Education, etc. Under 'Income', I show my income gradually increasing throughout the year; month by month. Alongside 'House', I show one improvement per month like paint the hallway; get a new kitchen, etc. For 'Education', I show the courses that I'm completing, books I want to read, etc. I post my timeline next to my vision board and it allows me to feel focused and determined!
2. After doing your 1 year goals, write down your 6 month goals. Feel free to make amendments to your 1 year goals as you move along. Nothing ever needs to be set in stone.
 - a. I find it easiest to take each of my 1 year goals and then do something ½ way towards the end result.
3. Write your month goals – what can you do this month that will move you one step closer to living in your ideal world?
 - a. I do this each and every month religiously and I cannot tell you how much of a difference it has made to my life. I get so much done and I'm doing circles around people that simply bumble along in life. For each category, I write down 3-10 goals for the month and then keep them by my side at all times.
 - b. I don't always achieve all of my goals, but that's fine – at least I'm heading somewhere!!!
 - c. Don't ever feel like this is an undesirable task – it can be fun and rewarding. You have the power to design your life...what's stopping you?