

Life Vision 2015

Desire— “To wish or long for; want.”

Vision— “The power of seeing; foresight.”

Focus— “Adjustment of lens difference for clear image.” “To concentrate”

Action Steps:

- **Visualize:** My vision for my personal life is...

- **Visualize:** My vision for my educational life is...

- **Aim:** Is the road I am currently on taking my bus where I want it to go? _____

Why or why not?

- **Aim:** What am I doing **today** that pushes me towards my vision/goals?

- _____
- _____
- _____

- **Focus:** What steps can I take **each day** for the **next seven days** to ensure my bus stays on the right road?

- _____
- _____
- _____

- **Focus:** What one step will I take **every day** for the rest of my life to ensure I am always the driver of my bus?

- _____
- _____
- _____

*“With Purpose and Intensity I race for my goal.
I race, and yet mark out a steady and specific path to achieve this goal with integrity and diligence.
Allowing no distraction to divert me from this path...”*
-Jon Gordon

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(continued)

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When you think of **Desire**, think of how earnest you are about achieving the goals you’ve set for yourself. What are you willing to do to make them happen? Are you willing to step out of a comfort zone and go for the “big ask”? Are you willing to work one extra half hour each day or make three additional calls per day? Desire helps you determine just how badly you want it. **Desire** makes you hungry to see your own success.

Vision is looking ahead to that goal and breathing actual life into it. **Vision** takes your one-dimensional desire and turns it into a three dimensional, fully animated motion picture of your goal. **Vision** changes the painter’s tool from a large, sweeping brush, to a smaller brush which paints in the fine details of your masterpiece. **Vision** gives you the ability to see yourself having already reached your goal; it is dreaming with the full intention of achieving that dream.

You’ve heard the saying, “if you aim at nothing, you’ll hit it every time.” **Focus** is setting your **aim**, and intentionally setting your sights on the goal you’ve laid out for yourself. During a horse race, the trainer places blinders on the horse so it cannot become distracted or scared by all that is going on around it. The horse remains singularly fixed on the goal ahead of it and therefore intent on reaching that goal. **Focus** is where you block out the distractions that may hinder you and concentrate fully on striving for the one thing you want. **Focus** is making a commitment to look through the windshield of your bus at the road ahead, and not be concerned with the rear-view mirror. Spending too much time looking into the past distracts you from what’s ahead of you. So set your sights on the road ahead and drive!

Desire, Vision and **Focus** are the elements that make up your steering wheel. Grab a hold of the steering wheel of your life, put those elements into practice, and your bus will move exactly where you want it to go.

Action Steps:

Identify: Which have I been lately? (Circle One) A Winner or A Whiner

Identify: Of Desire, Vision or Focus, which is my *strongest* point? _____

Identify: Of Desire, Vision or Focus, which is my *weakest* point? _____

Aim: How can I improve on the weakest of these? What steps will I take to improve? _____

Focus: What specific steps will I take to keep my thoughts focused on my goals? _____

Commit: Make a decision to spend the same amount of time each day working on visualizing your goals.

Make a commitment.

Each day, I will sit down at (time) _____ and spend (length of time) _____ visualizing my goals. I will do this for (how many) _____ days.

Assess: After the number of days you’ve committed to (recommended is at least 21 days) write down the successes you’ve attracted as a result of that visualization. New friends? Better grades? A new job?

Celebrate: Celebrate these successes and commit to visualizing your goals *for the rest of your life*. Even as the goals change, the visualization process does not and you will continue to see greater success all the time.

(feel free to ask me for more of these sheets if it will help you with your visualizations)