

## **Writing Your Inspiring Visions!**

Having a vision written in your own words, with the pleasurable end result expressed clearly can unleash deep creative forces of desire, commitment and personal power.

The theory is that in writing, you activate the right side of your brain and you put in action a process of unconscious goal setting. This process motivates you on a deep level to create and exploit circumstances, opportunities and your will power to focus your efforts to achieve your goal.

Some people report after writing a vivid description of their vision, that their goal became effortless, that circumstances appeared to conspire to their advantage and that everything seemed to fall into place.

When writing your vision, describe the view of what it looks like. Describe who is in it, what it looks like physically. Describe what the environment looks like. Describe the benefits of having your vision become a reality. What positives come from achieving it.

- Write at least half a page – Engage yourself and feel how great it’s going to be to achieve your goals – get carried away!
- Time Travel ahead 90 days – write about your pleasurable end result! Tell us what’s happening around you!
- Use present tense language – “I have achieved what I had set out to do”
- Involve your senses – what can you smell, hear, touch, feel, feel emotionally and see when you have achieved your goal?
- Make it exciting and inspiring !
- Read it out aloud five times and make changes as you go along
- Write it out, post it up on your wall & send me a copy!