

DESIGNING YOUR VISION

by Cynthia H. Stringer



Ever wonder where all of your times goes? Thinking that you don't have enough hours in the day? Read further..

We all have the same number of hours in a day. Why do you suppose some people seem to get more done or have more energy? More than

Vision is about focusing on what is most important to you. ...See what your life is truly about!

likely it's because they have a focus, a purpose, and a vision. It isn't always about doing more or being more organized. It's about focusing on what is most important to you. Let's discover what that might be like for you.

Take out a piece of paper and begin to write in free form your most significant moments in your life. Include in here as well what you are most proud and pleased of. The next step is to look for themes and to begin to see what it is that your life is truly about.

Do you notice anything particular? Maybe that your significant moments centered around serving people, being creative, traveling, making new things, etc.

Taking this exercise which produced a list of themes will give you the foundation for your vision. I call this Vision Design™. By knowing what the purpose is for everything we are doing, it is easier for you to choose what to keep in your life and what to release.

VISION DESIGN™:

- ◆ A vision is something about the future which begins in the moment that is so obvious (to you) that it is going to happen.
- ◆ A vision gives you perspective. When your vision is large enough the strategy to reach it appears. Having a vision or sharing someone else's makes you feel great and attractive. A key about your vision is to allow for it to evolve naturally.
- ◆ Adjust your life so that you are inspired by your vision and not using it as a cause or an empowerment strategy. You don't want to *need* your vision, rather you *want* it.
- ◆ Vision is what you see as possible for yourself and others.
- ◆ A vision begins in the present moment and moves out from there.

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Cynthia H. Stringer, President of *Success By Design Inc.*, offers coaching programs & presentations that educate and inspire! Contact Cynthia via e-mail at cynthia@successbydesign.net. For further information and to subscribe to the free newsletter, visit her website. © Copyright Success By Design, 2001. All rights reserved.

Success By Design Inc.

3176 N. Broadway St. PMB 91
Chicago, Illinois 60657-4509
Toll-free: 1.888.610-8967

www.successbydesign.net

PREVIOUS

Crafting your own vision:

1. List two of your unique talents or gifts or strengths.
2. How do you most enjoy using them when interacting with others?
3. Envision a perfect world. What are you doing? How is everyone interacting? What does it feel like?

Take the three items above and string them into one sentence which is present tense, includes you and states your vision. There you go! The beginning of an amazing process of discovery and action.

The next step is to assess how well you allocate the time that you have in each day towards the above mentioned vision. Spend the next week time tracking to see where you choose to invest your time and energy. Just notice how you spend

