

davephillips™  
Leadership Mentor and Speaker

# A VISION “HACK”

## For your life plan



“ Vision needs to be close enough to be inspirational and far enough away to be aspirational. ”

# Why is vision so hard?

A Vision for your life is difficult for a few reasons.

You're being called upon create something that doesn't yet exist which is an irrational process to almost everyone. Our lives are lived in rational and logical thinking and acting. This makes good sense for living, but not for casting a vision or visionary goals for your future.

Vision is confusing because you've been told you can do anything so that leaves infinite possibilities. Let's be realistic about how we consider vision.

Most vision statements are just enhanced rational goals. In my view a helpful vision statement needs to be "close enough to be inspirational yet far enough away to be aspirational".

After talking through Vision with hundreds of people I've found a way to make some real progress in reasonably short order. It's seems like such a daunting challenge that most of us never begin. Here's a step-by-step guide to making some real progress that will be helpful to you and the plan for your life.

“ If you're working on something you really care about you won't have to be pushed, the Vision will pull you  
– *Steve Jobs* ”

# Vision “HACK” Introduction

I'll ask you to select your life's most important ROLES. These are the big parts of life you don't want to miss. Things like Family, health, career, finances, personal development, spiritual engagement, friendships and community involvement etc. These are the most important areas you DO NOT want to screw up!!

I've discovered that most people have had some kind of future based “Image Flash” or “Dream” or “Vision Picture” come to mind at various points in their lives. For some their early memories of these visions start at about 10 years old. That's the time when we let our dreams bubble up to our conscious thoughts. These often become hidden memories that don't reappear until someone asks about it. I'm asking now! If you haven't had any of these, this exercise will help you build some helpful pictures of where you want to take your life.

If your your imagination or deepest memory speak during this process and ideas or images appear, PLEASE RECORD IT in some way. You don't ever need to do anything with it. But, it may be part of your bigger life vision and you won't know until you start this process. You don't need to show this to anyone else so trust the process, trust yourself and have some fun!

“ A man's vision should exceed his grasp or what's a heaven for?  
- *Robert Browning* ”

# Vision "Hack" - Roles

Decide on 5-7 of your most important life roles. It's your life so do as many or few as you like. I've just found that people often have 5-7. Check the box next to the ones that are most important to you and add anything you'd like. Here are some samples:

<input checked="" type="checkbox"/> Family	<input checked="" type="checkbox"/> Health	<input checked="" type="checkbox"/> Business
<input checked="" type="checkbox"/> Marriage	<input checked="" type="checkbox"/> Fitness	<input checked="" type="checkbox"/> Career
<input checked="" type="checkbox"/> Parent	<input checked="" type="checkbox"/> Diet	<input checked="" type="checkbox"/> Finances
<input checked="" type="checkbox"/> Friendships	<input checked="" type="checkbox"/> Personal Development	<input checked="" type="checkbox"/> Community
<input checked="" type="checkbox"/> Social engagement	<input checked="" type="checkbox"/> Spiritual Development	<input checked="" type="checkbox"/> Charity

Often people will have a specific competency they will use as a role. Some examples are:

<input checked="" type="checkbox"/> Writer	<input checked="" type="checkbox"/> Coach	<input checked="" type="checkbox"/> Visionary
<input checked="" type="checkbox"/> Artist	<input checked="" type="checkbox"/> Mentor	<input checked="" type="checkbox"/> Advocate
<input checked="" type="checkbox"/> Athlete	<input checked="" type="checkbox"/> Teacher	

“ Vision is the art of seeing what could be! ”

# Let's get to work.

Following are 7 pages that are mostly blank. One page for each role and some space to write a few lines to describe that role if you wish or draw a picture or symbols that create a meaningful description of where you'll be at the Birthday you've chosen. Let's pick a nice round number. How about 100? Of course you can choose which every birthday you like. (My Dad just turned 90 and played Golf with us. A happy occasion indeed!)

Here's a guide that will help you build each of these Vision Pictures. They may (or may not) contain people, places, things, activities, events and relationships. Include as much detail as you can.

- Who's in the picture?
- Where is this scene taking place?
- What's in the picture frame?
- Describe the quality of the relationships with those in the picture?
- Are you at an event or are you the event!?

You can include climate, weather conditions, colors and seasons if it's helpful. Here's the important part!! Let go of limitations for a few minutes and let your imagination, dreams and desire run free. What do you want to create for your life? Let yourself dream a little here.

Consider the role you've chosen and dream about how you would like your life to be at that moment in time. You may want to close your eyes and see if any pictures come to mind.

“ The only thing worse than being blind is having sight but no vision.  
- *Helen Keller* ”

Consider the role for your Health for example. You may have a picture of yourself out walking in nature with family or friends or engaging in some activity. You'll notice your body shape, posture, energy level, presence of mind and even what you're wearing. You can see the expression on your face and notice how you feel at that moment in time. You may experience smooth, powerful breathing and a steady strong heartbeat as you climb a gentle slope. What do you want... you do get to choose!

The more detailed this picture is the more powerful the result will be. For most of us our sub-conscious mind is waiting for instructions about what's ahead in our lives. These pictures will provide a powerful set of instructions.

Some of us don't think in pictures so use words in the space provided to write a detailed description of you expressing this role on your 100th Birthday.

For more ideas you may want to ask your friends, parents, partners, mentors, relatives or children how they've seen you talk about the future. Perhaps you will think back to your youth and remember powerful recurring images that you had for the future. Now may be the time to remember those pictures or movies and record them.

“ Cherish your visions and your dreams as they are the children of your soul: the blueprints of our very achievement  
- *Napoleon Hill* ”

# Role : \_\_\_\_\_

Written Description:

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Hints:

- Who's in the picture?
- Where is this scene taking place?
- What's in the picture frame?
- Describe the quality of the relationships with those in the picture?
- Are you at an event or are you the event!?

You can include climate, weather conditions, colors and seasons if it's helpful.

Let yourself dream a little here.

Draw a picture or symbols that create a meaningful description of the picture you'd like to see on the Birthday you've chosen:

“ Vision is the art of seeing what is invisible to others - *Jonathan Swift* ”

# Role : \_\_\_\_\_

Written Description:

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Hints:

- Who's in the picture?
- Where is this scene taking place?
- What's in the picture frame?
- Describe the quality of the relationships with those in the picture?
- Are you at an event or are you the event!?

You can include climate, weather conditions, colors and seasons if it's helpful.

Let yourself dream a little here.

Draw a picture or symbols that create a meaningful description of the picture you'd like to see on the Birthday you've chosen:



**Sight is what you see with your eyes, Vision is what you see with your mind.**  
- Robert T. Kiyosaki





# Role : \_\_\_\_\_

Written Description:

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Hints:

- Who's in the picture?
- Where is this scene taking place?
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- Are you at an event or are you the event!?

You can include climate, weather conditions, colors and seasons if it's helpful.

Let yourself dream a little here.

Draw a picture or symbols that create a meaningful description of the picture you'd like to see on the Birthday you've chosen:



**Vision is the ability to see potential in what others overlook – Rick Warren**



# Role : \_\_\_\_\_

Written Description:

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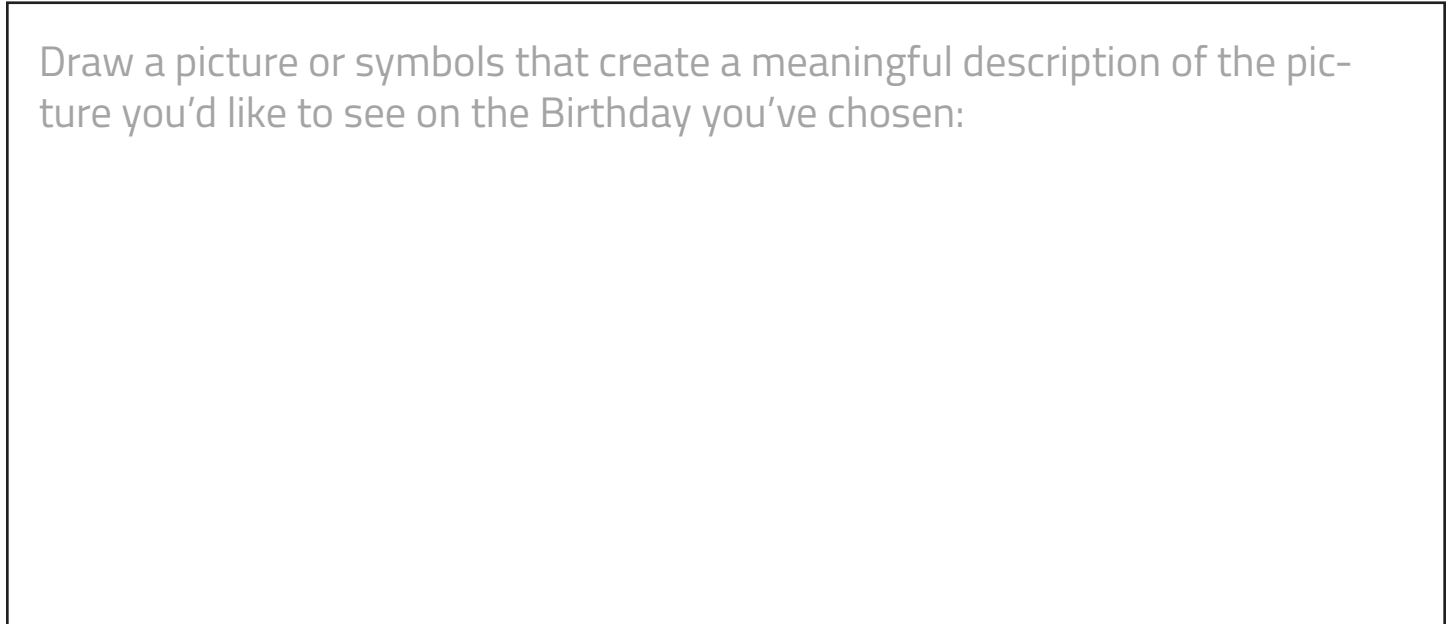
Hints:

- Who's in the picture?
- Where is this scene taking place?
- What's in the picture frame?
- Describe the quality of the relationships with those in the picture?
- Are you at an event or are you the event!?

You can include climate, weather conditions, colors and seasons if it's helpful.

Let yourself dream a little here.

Draw a picture or symbols that create a meaningful description of the picture you'd like to see on the Birthday you've chosen:



**“ Truly visionary companies have consistently out performed the stock market by a factor of 12 since 1925. – Jim Collins and Jerry Porras ”**

# Role : \_\_\_\_\_

Written Description:

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Hints:

- Who's in the picture?
- Where is this scene taking place?
- What's in the picture frame?
- Describe the quality of the relationships with those in the picture?
- Are you at an event or are you the event!?

You can include climate, weather conditions, colors and seasons if it's helpful.

Let yourself dream a little here.

Draw a picture or symbols that create a meaningful description of the picture you'd like to see on the Birthday you've chosen:

**“ The secret of change is to focus all of your energy, not on fighting the old, but on building the new. - Socrates ”**

# Role : \_\_\_\_\_

Written Description:

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Hints:

- Who's in the picture?
- Where is this scene taking place?
- What's in the picture frame?
- Describe the quality of the relationships with those in the picture?
- Are you at an event or are you the event!?

You can include climate, weather conditions, colors and seasons if it's helpful.

Let yourself dream a little here.

Draw a picture or symbols that create a meaningful description of the picture you'd like to see on the Birthday you've chosen:

**Everything changes... when we change first!**

# Role : \_\_\_\_\_

Written Description:

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Hints:

- Who's in the picture?
- Where is this scene taking place?
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- Are you at an event or are you the event!?

You can include climate, weather conditions, colors and seasons if it's helpful.

Let yourself dream a little here.

Draw a picture or symbols that create a meaningful description of the picture you'd like to see on the Birthday you've chosen:



**A vision is not just a picture of what could be: it is an appeal to our better selves, a call to become something more. Rosabeth Moss Kant**



# Vision Ideas:

You can store these written descriptions in a safe place that you can review from time to time. If you have clear visual images you could even commission an artist to bring these to life in a simple pencil sketch or in full color on canvas and in a frame. Place these images in locations in your home or office where you'll see them regularly. The more you can be reminded of where you'd like to go the more effective these images will be in creating the life you dream about. This will also create helpful conversations with those you live with and any visitors.

**WARNING:** This Visionary Life Goals exercise may be good enough for most people. If you're satisfied with this it will serve you well and provide some tangible, practical targets for your life. However, This is not where vision stops for everyone. For some, this will be just a stepping-stone that helps create a foundation for a much larger vision. For others it will be enough. For information about moving to the next step on Vision please email [Dave@dphillips.com](mailto:Dave@dphillips.com).

Vision without action is merely a dream. Action without vision just passes the time. Vision with action can change the world – *Joel a. Barker*



The eyes are useless when the mind is blind

