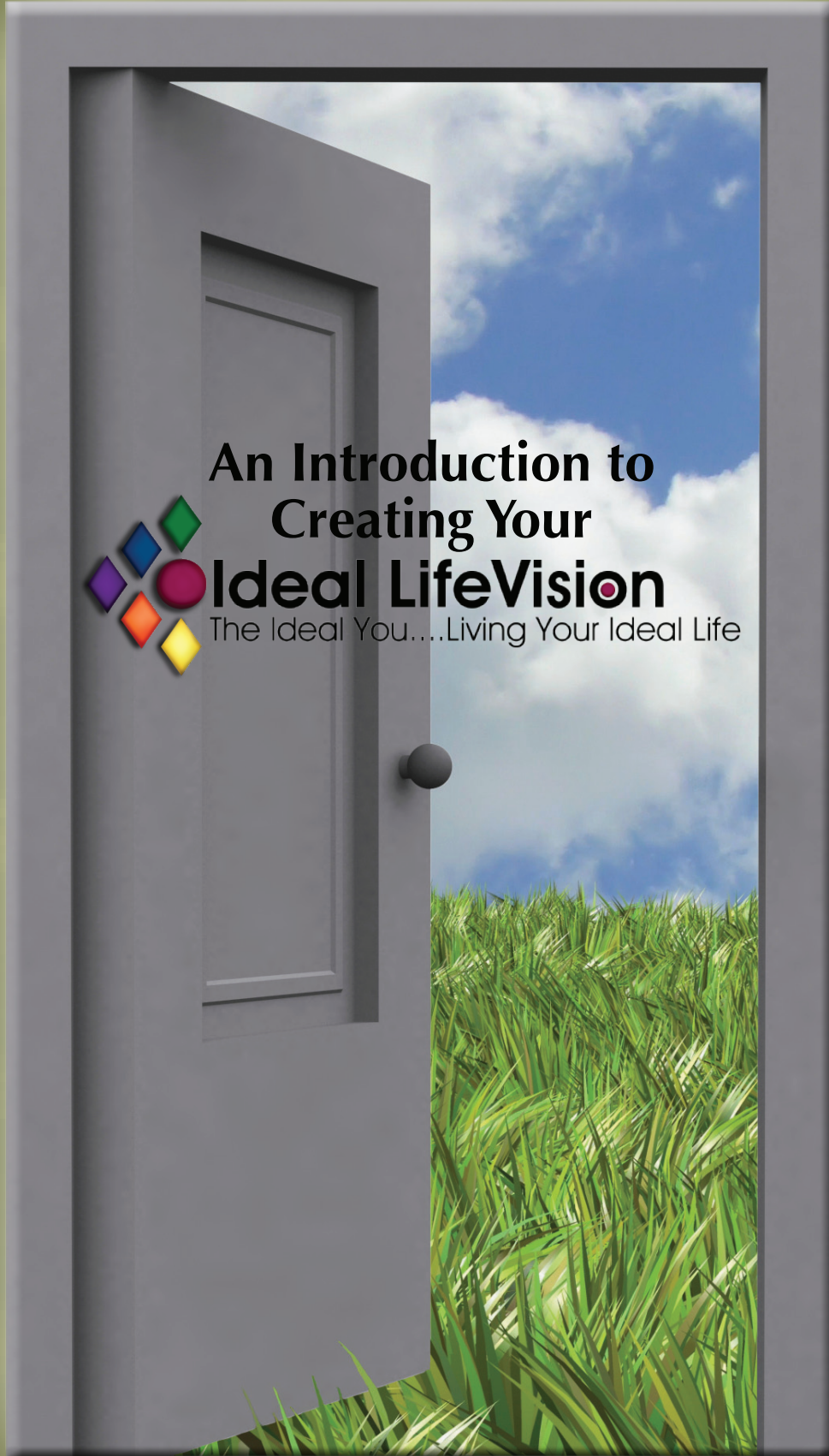


The Doorway to Your IDEAL LIFE!



An Introduction to
Creating Your
Ideal LifeVision

The Ideal You...Living Your Ideal Life



THE DOORWAY TO YOUR IDEAL LIFE

An Introduction to Creating Your Ideal LifeVision



The Truth

Most people I meet are unhappy with the results of their lives and at some point express a burning desire to reinvent themselves.

WHY?

It is very simple they don't have:

- *The Body they want.*
- *The Money they want.*
- *The Relationships they want.*

Yet even though this is the reality for most people, the ability to change the Status Quo and to create the life they have always dreamed of appears Impossible.

THE TRUTH IS . . .

They have no idea how to get clear on what they WANT, or even why the things they have tried in the past have failed to deliver the results they were seeking. So let's explore those . . .

Writing goals down in a notebook or journal

I don't know about you, but for years, I would write my weak and nonspecific goals in a journal or notebook. Something like this:

- *Lose weight this year*
- *Get a raise*
- *Develop a better relationship with my husband*



Next, I would shove the paper into my desk drawer, rarely looking at it again. Although the process of writing down goals can be powerful, if the goals aren't specific or reviewed on a regular basis, will they really be accomplished?

Vision Boards



It's been said that a picture is worth a thousand words. But the question is . . . are they the “right words.” I have worked with many clients over the years that have used a Vision Board. And I would highly recommend using one. However, when looking at your vision board, you are only engaging 1 of your senses (your sight). In addition, what are the details of those specific pictures? What's

your emotional connection to it? Why do you want it? How will it make you feel?

Does the picture of that incredibly “fit” person—who is NOT you—convey all the details of what you need to do to improve your own nutrition, health and exercise program? Probably not. There is a better way to making your vision boards more effective.

Drawbacks of Affirmations

Once upon a time, I tried the world's most popular affirmation: "Money flows easily and effortlessly into my life." But let me be blunt, honest and possibly controversial when I say . . . I'm not a big fan of affirmations.

Why? Because they lack specificity and personal connection, and therefore come up short as a clear intention.

Affirmations are general and typically quite generic. Most often they are single statements like the following:

- *I am at peace with the Universe*
- *I consciously bring money into my life*
- *I am worthy of love and fulfilling relationships*



The typical implementation for affirmations is that they are written on cards or post-it notes and then scattered through out the house on mirrors, dashboards, refrigerators etc. The idea is that you read them (aloud) every time you see them.

One of the biggest draw backs of affirmations is that they aren't specific enough to create a powerful vision that will compel you to action. With single sentence affirmations, your mind (or imagination) isn't given enough information to create an inner picture that conjures up the important aspects of goal accomplishment: emotion, motivation, visualization, & action plan.

So . . . exactly what is a LifeVision?

A LifeVision is a minutely detailed personal mission statement, a declaration of intent, or manifestation that includes *The 5 Key Areas of Your Life*.

1. *Spiritual*
2. *Relationships*
3. *Health and Physical*
4. *Professional and Financial*
5. *Personal Development*

Your LifeVision is first created by writing either on paper or a computer on each of these areas. It is then fine-tuned until it feels complete and represents a genuine expression of your ideal life.

Your LifeVision is then recorded using your own voice; your own voice is your most believable voice. Specific music is added to the background. The finished recording is then downloaded onto your iPod or a CD. You then listen to your recorded LifeVision daily.

The process of listening daily to the ideal life you are creating is incredibly powerful. It is a cause in motion that literally activates and attracts the things you desire into your life. Your recorded LifeVision puts your ideal life on the front burner daily, thus integrating these dreams and aspirations into your life swiftly and efficiently.





By listening to what your ideal life looks and feels like daily, you begin taking steps in that direction immediately. Because of the unique recording method used with LifeVision even when daydreaming or not particularly listening to your LifeVision, your subconscious mind still hears it and responds. By listening each and every day you are focusing on what you want. The gap between where you currently are and where you want to be will narrow. By listening daily to the person you are becoming, your beliefs about yourself will begin to change. These

beliefs will in turn create habits; begin to give way to new beliefs, thus creating new habits. LifeVision is a tool that allows you to change your beliefs and actions resulting in the creation of the life you desire.

When creating your LifeVision, there are important questions to answer to attract the best results:

- ◆ *What is your motive or the “Why” for the goal you want to achieve?*
- ◆ *What is the “How” “Where” and “When” of specific goals?*
- ◆ *What is the action plan?*

Let's give it a shot

The following exercise will give you an idea of what it's like to create your Ideal LifeVision.

1. **What is one goal that seems to have eluded you?** **Example:** *A Cabin*

2. **Write down a few sentences of details that describe this goal.** **Example:**
A 4500 SF Appalachian Cabin-Blue Ridge model on the Weber River

3. **List 3-4 things that you could do today/this week as a first step to making this a reality in your life.** **Example:** *Call realtor about property, Call banker about qualifying for loan, Go to Appalachian Cabin's website, Set up budget*

4. **Five reasons or motivations for this dream. Why do you want it? What will it give you?** **Example:** *2nd home, place for family gatherings, get-away in the mountains, place to have retreats, place for individual solitude*

This unique and revolutionary system is a combination of 3 Key Ingredients that will help you accomplish your goals and live your ideal life.

Were you able to pick out the 3 Key Ingredients that are necessary to accomplish your goals?



1. CLARITY: The first obvious requirement to having what you want, is knowing what you want. Most people can give you a detailed list of what they DON'T want, but how many people actually articulate in complete detail the things they desire in all areas of their life?

Getting clear on the DETAILS of your goal is very important. Your goal should contain The What, The When, By When, Action Plan, Motivation (or Why)

and Emotional Connection. It's this type of clarity that will take you from goal setting to goal accomplishing!

2. FOCUS: Each and every day you are FOCUSING on what you want and the gap between where you currently are and where you want to be narrows. Because you record it with special music, your goals are literally being imprinted onto your subconscious. By listening daily to the type of person you are becoming, your beliefs begin to change. And these new beliefs leads to our last Key Ingredient . . .



3. TAKING ACTION: By creating new beliefs, you will in turn start taking action and creating new habits. This is literally a tool where you can change your beliefs and actions over a period of time thus reinventing yourself if you so desire.

Testimonials



Ideal LifeVision is my very favorite goal setting and more importantly, goal achieving tool to support me to manifest my dreams. It's unique, easy to implement process is one of a kind! I have personally achieved and manifested many key goals—everything from growing my own speaking & coaching business, to doubling my income, to attracting amazing and fulfilling relationships and connections.

From the classes, I learned so much from Ann's personal experience and her tips on how to get even more specific. She also gives tons of ideas of types of things to put into the LifeVision as well as some amazing samples that really get the wheels turning. But it was the feedback and critique that really made a difference in getting my LifeVision where I wanted it to me. Working with her was what really helped me finally get it done so that I can listen to it daily. It's working!

— TIFFANY PETERSON, www.TheLighthousePrinciples.com



Ann Webb is a genius in providing feedback and offering great life experience during the LifeVision Mastermind course. Doing it in a group environment with others provided me with the opportunity to COMPLETE it quickly and efficiently. If I could only choose one "tool" to manifest my dreams into reality—it would hands down be my Life Vision. I have listened to the Life Vision I created during this Mastermind course every day, often times twice a day for over a year. Although I have already completed the Life Vision Mastermind course once, I plan to do this program again and again each year as I create my new Life Vision's. I highly recommend this course to save yourself tons of time AND get it done right!

Here are a few examples of what my Life Vision has helped me manifest this last year:

- *Being crowned Mrs. Utah 2012*
- *Running the business of my dreams*
- *Being on the cover of a magazine*
- *Touring all over China*
- *Being a featured television guest several times*
- *Having my children willing help around the house*
- *Creating a beautiful relationship with my husband*

I highly recommend that anyone who is ready to live their ideal life use the Ideal LifeVision program.

— ELIZABETH ANDERSON, *Mrs. Utah 2012, Mother of 4 and Owner of Elizabeth Anderson Fitness*

I invite you now to take the next step . . .

Sign up for a FREE Discovery Session. A Discovery Session is a good way to see if Ideal LifeVision is for you! You will benefit from it even if you don't go any further. However, you'll experience its full value if you use it as a kick-off to creating your Ideal Life!

SCHEDULE NOW

