

Global LifeVision Teaching Manual



Global LifeVision
Teach Empower Create Inspire Love
Global LifeVision.org

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Our Vision

To **Teach** and inspire women and youth worldwide to envision the limitless possibilities before them and discover the power within themselves to make those dreams a reality through LifeVision education and continual training.

Our Mission

To **Empower** women and youth in developing countries by helping them to recognize their vibrant worth and magnify their influence, to explore and clearly identify goals, instill a healthy mindset, learn valuable life skills and live the pulse and passion of the dreams within their heart.

Our Goal

To **Create** and ignite a change from within each woman and youth inviting them to live an abundant life with clarity, vision and confidence and to support and nourish them as they experience success as creators of their own life transcending above and breaking the cycle of poverty, abuse, or limits.

Our Passion

To **Inspire** each of these women and youth to recognize all that they were created for, to embrace their own unique gifts and talents and to share those with their families and community igniting multi generational change.

Our Commitment

To **Love**, lift and support each woman and youth we have the privilege to meet and honor their magnificence. We hold in gratitude the valuable lessons we learn from each of them as we teach discipline, clarity, focus, perseverance, self-esteem, leadership, dignity, and purpose.

Table of Contents

An Introduction To Creating Your LifeVision

8 Steps To Creating Your LifeVision

Global LifeVision Teaching Outlines

Spiritual and My Life Purpose

Relationships

Health and Hygiene

Physical

Financial and Professional

Giving Back

Recording Your LifeVision

Revising Your LifeVision

Global LifeVision Handouts

Spiritual

My Life Purpose

Relationships

Health and Hygiene

Physical

Financial and Professional

Giving Back

An Introduction To Creating Your LifeVision

What is a LifeVision?

A LifeVision is more than just setting a goal or two. It's written in first person and in present tense, as if it is already happening. A LifeVision is written in 5 key areas in your life:

Spiritual and My Life Purpose
Relationships
Health and Hygiene
Physical
Financial and Professional
Giving Back

A LifeVision is written with minute clarity, including the WHAT, the WHEN, the BY WHEN, and sometimes the HOW with an action plan. The WHY or the motivation plays a key role in the success of a LifeVision. A LifeVision is then fine-tuned until it feels complete and represents a genuine expression of your ideal life.

Once it's complete with all of the details it is then recorded in your own voice, your most believable voice. Specific music is added to the background and then recorded onto a CD, mp3 Player or iPod to listen to daily. If a recording device is not available a LifeVision can be read aloud. The process of listening daily to the ideal life you are creating is powerful and will cause a forward motion that activates and attracts the things you desire to come into your life. Your recorded LifeVision puts your ideal life in focus and thus integrates the dreams and aspirations into your life swiftly and efficiently.

The combination of Clarity and Focus will help you BE, DO and HAVE the things you want most in your life. By listening to what your ideal life looks and feels like daily, you begin taking focused steps in that direction immediately. 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 and 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 creating the life you desire.

8 Steps To Creating Your LifeVision

Step #1 - Identify Your Goals

Start by brainstorming about how you would like your life to look like in each of the Life Sections. Remember this is your LifeVision created by only you. So you're actually creating a list for each of the 5 areas.

These are your initial thoughts about each area of your life. There are no right or wrong answers. This list doesn't need to be perfect or even in complete sentences. Bullet points work just fine for this activity. Complete a list for all 5 areas: Here is an example for Health and Hygiene area

Health and Hygiene:

- make healthier eating choices
- upgrade my wardrobe
- drink more water
- exercise daily
- have more energy
- drink more water
- learn to cook healthy meals
- get enough sleep
- eliminate caffeine
- stop eating sugar
- sign up for a dance class
- improve my posture
- have a flat stomach

Step #2 - Dig Deeper

Look at your list and ask yourself about each of the things you have listed... "What do I mean by that?" Make the answer clear enough that you know exactly what you mean. Keep asking yourself questions..."What else do I mean by that?" Keep asking the same question until you have answered all you can and can go no further.

Here is an example using the goal to learn to play the harp.

- learn to play the harp

Then began asking yourself questions.....

How am I going to learn to play the harp?

Answer: Take lessons from Cynthia Douglas

Where will I get a harp?

Answer: Rent a harp from Lyon and Healy for 6 months while I save the money to buy a harp in December

Ask Yourself: How much time can I dedicate to practicing?

Answer: Practice everyday for 1 hour

Ask Yourself: Would I like to perform with my harp?

Answer: I would like to play in church

Ask Yourself: What would I like to learn to play?

Answer: Learn 15 songs from memory including 3 songs from Phantom of the Opera

Step #3 - Turn the Expanded Details Into Sentences.

In this step, take your answers to “What do I mean by that?” and turn them into sentences. These sentences should reflect exactly what you want to accomplish and should be a visualization of the ideal you. Your brain cannot lock onto a goal unless the goal is clear and specific. Your brain thinks in pictures.

Example:

I take weekly lessons from the renowned Cynthia Douglas and love the sound of my new Troubador rental. I can't wait to practice every morning at 10:00 am. I practice each song 3 times along with my scales. By July I am ready to play in church! I have learned 15 songs from memory by August. For Christmas I purchase my dream Celtic harp.

Step #4 - Find Your Motive

Sprinkled throughout your expanded sentences or paragraph should be your motive. Simply put, your motive is “WHY” you want what you want. Typically your motive is how it will feel to accomplish that particular goal. Visualize yourself as if you have already reached your goal. Describe how you

feel having already attained it. This exercise is critical to the success of your LifeVision. Your motive or “WHY” is the real power in your LifeVision. You are reprogramming your expectations and this takes powerful, emotional motives to accomplish. If you can’t identify a powerful motive, then your goal is either not stated clearly enough, or it is not as important as you thought. Ask these questions:

”Why do I want this?”

“How will I feel when I have accomplished this?”

“Why is this important to me?”

Dig deep enough to find your real and true desire for wanting to accomplish this goal. The authentic reason for wanting to accomplish a specific goal may take some deliberate and honest heartfelt thinking to discover. Take the time to find out what your “Why” is, it will make all the difference in the world. Here is a sentence example using again the bullet point learn to play the harp. The “Why” or motives are bolded.

I love being a harpist. I take weekly lesson from the renowned Cynthia Douglas and love the sound of my new Troubador rental. **The harp is an amazing instrument. The strings resonate within my heart creating peace and healing.** I can’t wait to practice every morning at 10:00 am. I practice each song 3 times along with my scales. By July I am ready to play in church! I have learned 15 songs from memory by August. For Christmas I purchase my dream Celtic harp. **The peaceful songs bring a calming influence into my home.**

Step #5 - Check For Negative Statements

It is common when thinking about the goals we want to achieve to state those goals from a negative approach. We may write them from a perspective of what we don’t want. Check your writing for any phrases or sentences that reveal a negative tone such as: “I never want to” or “I don’t” or “I shouldn’t.”

Here are some examples of sentences that contain seemingly innocent phrases, the negative triggers are bolded.

In my relationship with others, I am **never critical.**

I **avoid gossip** and being **judgmental.**

I have **given up smoking.** I never eat **processed foods or white sugar.**

Because I exercise, I **don't have love handles anymore** and my joints **don't hurt**.

Your brain sees in pictures, in this example all your brain sees is ... smoking, processed foods, white sugar, love handles, and joints that hurt! Be careful with your word choices. You do not want to attract what you Don't want. Attract what you do want into your life by choosing your words consciously.

Example:

I love myself so I am careful about what I put into my body. I remember to take my vitamins daily and recognize the benefits of supplementing my body properly. Each morning I enjoy a green drink with protein powder and fresh fruits and greens. I enjoy many fresh fruits and vegetables throughout the day as well. I have discovered new salads and ways to season my vegetables to liven them up. I eat a variety of foods high in protein including small amounts of meat and whole grains. I drink plenty of water. I always carry a water bottle with me so that I can stay hydrated.

Step #6 - Write In The First-Person

Your LifeVision is your map or guide for your own ideal life. No one else will be looking at it, reading it or listening to it so there is no reason for it to contain instructions for anyone else. Unfortunately, you cannot control the actions of others or rely on them to make your goals and ideals a reality. However, you can change your own reactions and responses to any given situation or person. By declaring how you will view or treat another person, regardless of the way they treat you, the outcome and ripple effect can be powerful enough to instigate the change you desire.

Example:

Instead of writing: "My father treats his family with respect."

Substitute: "By showing respect to my father, he likewise shows respect for others."

The difference between the sentences is your connection and involvement. Your LifeVision is about you and the variation in the second sentence makes that connection.

Step #7 - Develop Your Action Plan

Some goals require a “WHERE” “WHEN” “BY WHEN” or HOW” to fully achieve that goal. The action plan details of the “HOW” “WHERE” and “WHEN” these are needed to create the **visualization** of your goals, essential to accomplishing those goals. When your actions are in alignment with your intentions, results will happen.

Here is an example using a bullet point from the Financial and Professional area:

- In August of 2012 I buy a beautiful blue and white motor scooter. Because I am working in my dream job as an office manager for XYZ Corp and making Rs 3,00,000 annually, it is easy for me to be able to save 2500 per month. When I receive my income each Friday, I take 600 and put it into my savings account at The Bank of India. I love watching my saving grow and am so excited when next June, I start looking at new and used scooters. Having my new Hero Honda makes my life easy as I am able to travel to my job as well as the store and friends house using this form of transportation. I can afford the fuel with ease as well. In August I purchase my beautiful scooter for Rs 32000 or less and this makes me very happy.

Sometimes you don't always know the “HOW” something will occur. An example of this may be that you are planning to get a new job in the communication industry. You know that you want to be a reporter for a news station, but you're not exactly sure which station, or even what city. All you know is that it's really important to you. In this case you would just be **very** specific about the details of what you love about your job as well as the motive or “WHY”. Write it in the present tense, as if it were already happening and let the Universe line up the rest. Here is an example.

- I get my dream job as a reporter in the communication industry. I absolutely love my job as a reporter for a news station. It is easy to secure this job because of my good marks in school, great personality and ability to communicate and think on my feet. I am diligent in looking for the right opportunity each day as I make great connections with people who can introduce me to people in this industry. In each interview, I am at the top of my game. The interviewer is impressed with my resume as well as my communication skills. I am great at what I do. It feels great to be able to apply the skills I have learned over the past 4 years in school.

An additional note: Be careful not to overload your LifeVision with too many “HOW” “WHERE” “WHEN” and “BY WHEN”. Be selective in including action steps and scheduling activities.

Step #8 - Write In The Present Tense

Check your LifeVision sentences and statements to make sure they are written in the present tense. It's quite common to slip into writing in the past or future tense. Review your final version and look for any sentences or phrases that are not written in the present tense and change them for maximum results.

Example:

Instead of writing: “I will make 100,000 by December 31.”

Substitute: “I make 100,000 by December 31.”

Instead of writing: “We went on vacation to Thailand in March.” or “We are going to Thailand in March.”

Substitute: “We go to Thailand in March.”

Teaching Outline - Spiritual and My Life Purpose

90 Minutes

Introduction to Spiritual Life Vision

10 Minutes

Spirituality allows the opportunity to tap into a power greater than ourselves as a source of inspiration. An appreciation of the arts, wonder, awe, and nature will heighten our awareness of the spiritual dimension.

Whatever your own spiritual core beliefs, values or traditions may be, spirituality is the heart and soul of all areas of our lives, all that we do radiates from this our spiritual core. The wholeness of our ideal life is built upon our spiritual beliefs.

Questions to Ponder

3 Minutes

- 1-What does spirituality mean to you?
- 2-What rings true within your heart?
- 3-How will you honor or practice spirituality?

Write Your Thoughts about Spirituality

4 Minutes

Share and Discuss

5 Minutes

Introduction to My Purpose

10 Minutes

The instinct within each of us recognizes our own unique gifts and talents. At our essence, at our core, in our quietest moments, we can embrace the greatness that lies within each of us. Our true nature and relationship to this greatness and to the rest of existence defines our own unique spirituality. Each individual finds their spiritual connection and beliefs in their own way, but to all it is blissful, natural, and unmistakable.

Every one of us is here for an important reason, we were all born with unique gifts and talents, not just some of us but all of us. No one else can dance your dance; no one else can sing your song. The wholeness of the Universe cannot be complete without your contribution to it. You matter in this world.

You were created with great love and divine purpose, your intentional creation and presence hold great value to the wholeness of the Universe. All of us, not just some of us were born with uniquely given gifts and talents that when propelled into forward motion complete the aligned and predestined contribution to all that was ever created.

Discover the life you are worthy of and were so divinely created to give. Cast aside any limiting or false beliefs, any fear or doubt noxious to the majesty of your creation. All that you need has already been given to you; embrace the opulence within.....it is already there. Step into the wonders of your magnificence and discover the poetry of your heart and the masterpiece of your spirit.

"Everyone has his own specific vocation or mission in life, everyone must carry out a concrete assignment that demands fulfillment. Therein he cannot be replaced nor can his life be repeated." ~Viktor Frankl

You Can Achieve Great Things

Honor your intuition, for you were created to succeed. Discover the opulence within and breathe in your magnificence. The wholeness of the Universe cannot be complete without you.

With grace and goodness accept your gifts and talents, embrace your dreams and trust yourself.

Be all that you wish for and soar into the realm of all possibilities.

You can do this.

You can achieve great things.

This is your place and this is your time to become your dream.....so stretch your wings and fly.

How Do I Know What My Purpose Is?

Questions to Ponder

3 Minutes

- When am I the happiest?
- What am I doing when I am the happiest?
- What did I enjoy doing as a child?
- What are my own unique gifts and talents?
- What is my contribution to the wholeness of the world?

Write Your Thoughts about My Purpose

4 Minutes

Share and Discuss

5 Minutes

Read Examples of Spiritual/My Purpose LifeVision

3 Minutes

Example # 1

I am inspiration. My spirituality comes from the very core of who I am. I know that I am Child of God and I live up to the light and truth that is in me. I rise each morning filled with energy and enthusiasm for the day. I thank God for the gift of this day and for the value that I am creating for others. I embrace the unknown of each day and am grateful for the wonderful opportunities that are bestowed upon me.

I am constantly improving my conscious connection to Source through daily meditation each morning at 6:30 for 20 minutes. Meditation brings me peace and clarity, allowing inspiration to flow through me while keeping me centered and focused on my spiritual essence. I follow each meditation with 10 min. of reading from an inspirational book such as *The Prophet* by Gibran Khalil. These readings are uplifting and give me many ideas to ponder and examples of how to live my life.

I also listen to my LifeVision recording each day on my way to work and am receiving all good that is coming to me through it. Each time I listen to this recording I feel inspired to greater things by living in harmony with Universal

Laws. As a result, I am a deliberate creator, manifesting my ideal life in my physical reality.

I follow my heart and inner guidance at all times, trusting in my higher self. I appreciate and marvel at the abundance of nature and use nature as a constant reminder that I live in an abundant world. I am conscious of the continuous stream of well-being that is flowing through me and that is me. I love myself and therefore have unconditional love for others. I see myself in everyone and everything, always knowing that we all originate from one creative Source. I feel a great sense of gratitude and joy each time I give to others. And the more I give the more I receive in return. I am conscious of my feelings and use my feelings and emotions as guidance to know when I am aligned with The Universe. I am focused solely on feeling love, joy and peace in my life. I am a value creator. I am pure potential, a limitless spiritual being having a physical, human experience. I feel a deep sense of peace and harmony in my life. I am open to what others believe. I am compassionate to others. I live my life on Purpose. This gives my life meaning. I enjoy the gift of intuition and inspiration. I am filled with gratitude for all that is. This attitude of gratitude fills my life with joy and bliss. I love my life.

I AM a leader. I AM my word. I have a tremendous PASSION FOR LIFE. I AM authentic. I live in GRATITUDE. I TRUST others and myself. I GO FOR IT with Enthusiasm and Passion. I Live Life to The Fullest. I have Humility and I can say I'm sorry. I am GRATEFUL and always have a prayer of gratitude in my heart. I am Kind. I am Honest. I am Charitable.

Answer Questions from the Students

5 Minutes

Write your Spiritual/My Purpose Life Vision

30 Minutes

Teaching Outline - Relationships

90 Minutes

Introduction to Relationships LifeVision

20 Minutes

We have the opportunity to develop many kinds of relationships such as with family, friends, extended family, children, a spouse, a companion, colleagues, ourselves, our community and even the world.

Developing strong and genuine relationships provide companionship or a shoulder to cry on, or someone to laugh with, or people to collaborate with. The need and desire for relationships is universal, we were all meant to connect with humanity to cultivate meaningful, fulfilling and loving relationships. We were designed and created with compassion, empathy and love and with a desire to cooperate with each other. As we journey upon our life's path we have the opportunity to create and nourish healthy relationships with all that we meet.

BE an intentional contributor and active participant in the compassionate workings of the Universe...choose to act in kindness, nourish a broken soul, love without condition, and open the window of your heart to embrace humanity with love and gentle grace.

The organic desire to nourish a relationship with another is an intrinsic reminder that we are all here to help, love, and serve each other...to be a constant support and a gentle haven of kindness to one and all on our journey and path. When we recognize this divine and simple understanding that we are all more alike than we are different, it is then that we have truly understood the reason for our existence. The wholeness of our creation has been discovered.

Relationships Come In Wide Variety that Include

My Self

My Family

My Spouse

My Children

My Friends

My Colleagues

My Community

My World

Practicing Genshai

As we travel throughout our journey together on earth with almost 7 billion others it is important to learn to strive in understanding others, empathize with their struggles and disappointments. Extend compassion and encouragement and treat others with respect, kindness, and patience.

The ancient word Genshai, (pronounced gen-shy) means you should never treat another person in a manner that would make them feel small, including yourself. Genshai is taught to never look at, touch, or address another person in a way that would make them feel small. If you were to walk by a beggar in the street and casually toss him a coin, you would not be practicing Genshai. But if you knelt down on your knees and looked him in the eye and placed that coin in his hand that coin became love. Then and only then, after exhibiting pure and unconditional brotherly love, are you a true practitioner of Genshai.”

If you want to become a happier person, make it a habit everyday to step outside of yourself and seek guidance in helping others. Ask everyday: "Who can I lift, serve, or support today?" Listen in stillness and silence, the answer will come.....it works every time

And if you want to become a healthier person, try this... Research has shown that a simple act of kindness toward another improves the functioning of the immune system and stimulates the production of serotonin in both the recipient of the kindness and the person extending the kindness.

The Most Important Relationship?.....The One With Yourself.

5 Minutes

You will be spending a lot of time with yourself, why not make it a loving relationship. Believe you are worthy of unconditional love and acceptance and forgiveness and trust. You have greatness within you. You attract into your life that which you believe you are. “Believe” means to *be love*. When you believe in yourself, you love yourself. When you love yourself, you treat yourself with respect.

**“None of us come to earth to gain our worth;
we brought it with us.”**

~Sheri Dew

Write Your Thoughts about Yourself Including some “I AM” Statements

4 Minutes

Share and Discuss

5 Minutes

Relationships that are Important to Me

5 Minutes

Companion

Much joy and fulfillment can be had by finding someone to spend time with and to share experiences with...one with whom to share mutual love, acceptance, success, failure, solace, and satisfaction.

Family

Our family represents our earliest relationships, those relationships with parents, grandparents, siblings, and with aunts, uncles, and cousins are lifetime gifts that can be the source of our greatest joy and memories and at times may be strained needing a new perspective to create healing in a broken relationship.

Social- Friends, Colleagues, and Peers

The social relationships we enjoy with our peers, friends or colleagues are essential. The benefits and value of these relationships bring are reciprocity and commitment between individuals who see themselves more or less as equals. These relationships can provide an emotional resource both for having fun and support in times of worry or sadness. Invite these relationships into your life.

**“You are the average of the five people
you spend the most time with.”**

~ Jim Rohn

Questions to Ponder

3 Minutes

- Who in my life do I want to have a stronger relationship with?
- What can I do to improve that relationship?
- Is there someone in my life I want to mend a relationship with?
- What things can I do to help that relationship mend?
- What in my family life would I like to change? If this were changed, how would my family life be different?
- I can show affection and attention to someone important to me by.....
- How much quality time do I spend with my family or friends?
- What kind of companion would I like to attract? What qualities or characteristics do they have?
- What can I do to be a better listener? How would this improve my social and family life?
- What can I do to be a better friend?
- What kinds of people do I want to surround myself with?
- How do I treat people that I come in contact with? Someone I pass on the street? A waiter? A customer service representative? An elderly person? A person with a disability?

Write Your Thoughts about a Relationship that is Important to You

4 Minutes

Share and Discuss

5 Minutes

Read Examples of Relationships LifeVision

3 Minutes

Example #1

I love my family more than anything in this world. I express unconditional love to each one individually and collectively. I always greet them with a smile.

Because I love and respect each member of my family, I want them to grow emotionally, intellectually, spiritually, and physically. I always look for the positive aspects of their lives and compliment them.

My positive example and loving manner with my family creates an atmosphere of love and harmony in our home. I am always easy to get along with. We enjoy being together, laughing and enjoying each other's company. There is a sense of peace and love in our home.

My perfect companion is a very successful professional who has a good humor and is a fun loving person. He is an outdoorsman and plans camping trips and hikes for the family. He makes me laugh and brings great joy to others. He is extremely sensitive to my needs and is very helpful. He is in good shape and inspires me to stay in great shape. He is my best friend and confidant. We enjoy spending time together. He senses when I am discouraged or frustrated, and demonstrates his endless love by dropping whatever is on his agenda to spend some time with me. He gives me little gifts to show me that he is thinking of me and likes to hold hands. He gives me a big hug and kiss every time he departs or when we meet again. All my children know how much we love each other and of our special relationship. We are an excellent example to them.

I love people and I am thankful for my opportunities to interact with those around me. I look for the good qualities in others and make a special point of giving honest compliments and praise. I am tolerant of values and backgrounds that are different from my own. I see each person as a son or daughter of God and allow that person his or her weaknesses.

I am a fantastic conversationalist. I keep myself well informed and am able to discuss current events and issues intelligently. I do this by listening to radio programs and reading the newspaper and fine books. I am a warm and loving person. I create an atmosphere of comfort and safety when others are confiding in me. I have a great sense of humor and am able to use that talent to put others at ease and relieve tension when appropriate.

I have a talent for putting my thoughts into words. When I am having a conversation with someone, I am assertive and able to say what I am thinking and feeling in a concise and interesting way, being tactful and diplomatic. I am honest and real. I listen empathetically and actively while the other person is talking, concentrating on what he or she is saying and the feelings behind the words.

I feel comfortable entertaining friends and colleagues in my home or attending social functions. I attract friends that share the same goals in life. I choose to be with people who uplift and enlighten, and learn from everyone I am around. I am fun to be around...spontaneous, creative, and exciting. I am positive and happy and have an uncanny ability to attract quality people. I enjoy life. That joy is contagious to those around me.

At work I give others space to make their own decisions, control their own lives, and encourage them to reach their potential. I give others the benefit of the doubt and realize they may have other perspectives. I allow others their weaknesses, focusing instead on their strengths. I expect the best of others but accept what they give. If I feel tension in a relationship, I work for resolution so the lines of affection are kept open.

I am gracious and appreciative. I am giving and kind, I am responsive and grateful. I am generous and give of my time to help others. I am the first to laugh at my own mistakes, trying to help others feel comfortable or at ease when they make mistakes. I feel each day that I am better than the day before, and I am excited at my progress. I love to feel the joy that comes in living in total harmony with my beliefs.

Example # 2

The people that I work with are the best!!! I enjoy working with them as we create successful results as a team. My colleagues and I contribute our talents freely allowing our company to run at peak performance. We speak with respect to each other directly and in the company of others as we engage with each other throughout the day. We appreciate the contributions of all and we

invite the exploration of new and fresh ideas freely. We encourage each other and collectively rejoice in each other's success. I can't imagine a better work environment. I look forward every day to working with this incredible and effective team.

My boss is a pleasure to work with; he respects my work and contributions. He is complimentary to everyone in the company and we feel supported in our efforts. He is a leader and inspires a synergy of cooperation and united success. He makes each of us feel like an important and valuable member of our company. I want to emulate his work ethic and business skills.

Socially, I am very active and I have a tremendous number of inspiring, fun and enjoyable friends. My life is rich and full with them in my life. I can always count on them to listen to me with love. I feel comfortable when I am with them, allowing me to be my most authentic self. I make time every week to plan activities with them or to visit with them on the phone. I am a good listener and I am present in our conversations. My communication skills are in tune with universal light. I listen with love and a deep sense of connection.

I am developing the gift for being intuitive. I always pick up on others needs. I have many healthy friendships. I make the effort to reach out to them and get to know them. I learn much from my diverse circle of friends. I am grateful to have them in my life and for the positive influence they are to me. These abundant friendships keep me centered and provide a sense of joy in my life.

Example # 3

I have the perfect companion who I love unconditionally. We share the same love for health, outdoor activities, personal development and spirituality. We have a deep connection physically, emotionally and spiritually. We share the same financial philosophies. We are supportive of each other's career. He loves me for who I am. We have engaging conversations where we teach each other exciting things that we are learning in our lives. Each week we have a scheduled "date night" where we go out to a nice dinner, movie or enjoy a fun activity together. This allows us to spend quality time together, focusing on us as a couple. He is my best friend. I attract this person by exemplifying all of these qualities in my own life."

Additional Information

When writing this section, describe yourself as a warm, loving, vulnerable, approachable, open and authentic person and watch the miracles happen in your life. You can write this section with a broad stroke of what you would like these relationships to look like or specifically name someone you would like to build or strengthen a friendship with.

Include the characteristics you would like to have with these social relationships. You can also include any social skills you would like to develop. For example: If you are shy or introverted, visualize yourself as being confident in social situations. Maybe you'd like to be a better conversationalist or be great at remembering names. You can become anything you visualize clearly and in detail.

Answer Questions

5 Minutes

Write Your Relationships LifeVision

30 Minutes

Teaching Outline - Health and Hygiene

30 Minutes

Materials:

Back-pack

Picture of Ruby

Word Strips

Grow.Learn.Give

Hygiene flip chart

Introduction to Health and Hygiene

1 Minute

Being able to create a Life Vision about Health & Hygiene will require 3 things:

- An understanding as to “**Why**” health and hygiene are important
- An understanding of “**How**” this information can be used to improve your life and the lives of others
- An understanding of “**What**” specifically you will do and “**When**” you will begin doing it.

Wherever we go, whether we know it or not, we are gathering knowledge and putting it in an invisible bag we carry with us at all times. (Show back-pack) This is our “Personal Knowledge Bag”. Knowing and understanding the “Why”, “How”, “What” and finally, the “When” we will actually apply this knowledge, will help set us on a course to success. The more information we have in our bag, the more skills we have learned, the more focused we are in applying what we know, the more effective we will be in creating our path to the future.

Part 1

10 Minutes

WHY

(Picture of Ruby)

Like a beautiful ruby, health is priceless. Without it we are unable to accomplish all we are meant to do. Just as there are many facets to a ruby that makes it shine, there are many facets to health as well. There is our physical health, our emotional health, our mental health and hygiene health. Hygiene deals with cleanliness: the cleanliness of our body, the foods we eat, the water we drink, the surroundings we live in, even the things we touch.

Questions and Discussion

By a show of hands, how many of you brush your teeth? How many of you wash your hands? How many of you are careful about the water you drink?

Discussion: (Board Activity)

- Why do you do these things? (List on board and discuss)
- Why has knowing about the things listed on the board, made a difference in your life? (List and discuss)
- Why do you think there are those here, at home, or within your community, who do not practice hygiene?

HOW

Once we understand the importance of knowing the “why”, our thought should always be, “how” can I use this information to improve my life and the lives of others? Quietly ask yourself questions such as:

- How does knowing about the importance of hygiene cleanliness help me in school? At home? With others?
- How can I open my Personal Knowledge Bag and share this knowledge?

WHAT

The next question you need to ask yourself is:

- What will I do with what I know?

It has been said that the 10 most important 2 letter words are these:

If it is to be, it is up to me. (Repeat)

In the future, no one is going to force you to use a mosquito net, wash your hair, clean your home, or sneeze in your elbow (demonstrate). If practicing cleanliness is to be, it will be have class repeat “Up to me”. If our friends, families, and/or communities do not practice hygiene, it will be up to you to teach them the “why” and the “how”.

You will need to ask yourselves:

- What am I going to do to practice better cleanliness in order to be healthy and happy?
- What am I going to do to make sure others know what I know?
- What am I learning today that I will put into my Personal Knowledge Bag?

WHEN

Gandhi said, “We must be the change we wish to see.” He didn’t say next year, we need to be the change, or when we are 30 we need to be the change. Or “they” need to be the change. He said “we”; that is you and me. It will be up to you to define the “when”.

Part 2

5 Minutes

Introduce Hygiene Flip-Chart

Demonstrate how to use the flip chart. Briefly discuss how this knowledge can help the students as well as others better understand the role of hygiene as a part of their personal health.

Personal Writing Exercise

Discussion

8 Minutes

Look at the questions in the Life Vision handout. Choose one to briefly write about. We will then take a few minutes to discuss what you wrote.

Review

1 Minute

Look at the Ruby I put on the board. Even a priceless ruby only sparkles when it is in the light. You are like this ruby. Today you have been given the priceless light of knowledge that will help you to be healthy and happy. Ask yourself, “why”? Then “how” will you use this knowledge, “what” will you do with it in order to lead others, and “when” will you let yourself shine and share what you know?

Health and Hygiene Life Vision Examples

Teaching Outline Physical

90 Minutes

Introduction to Physical LifeVision

5 Minutes

As we open our eyes to the beauty of the world around us, we notice the things that make up our physical environment within us and around us. We can become more aware of the details about where we live, the attitude we share, the colors in our space, the nature surrounding us, the functionality of our bodies, and our overall health. We can choose to become more clear on how we can create the surroundings that will help us build our self-esteem and physical environment. We notice what is working and what is not and focus on creating a space within us and around us for long term life success.

Question to Ponder:

3 Minutes

When I think about my general health and environment, what does that include? (e) Functionality of the body? Assessment of and Resilience to disease? Appearance? Mental capabilities? Social Skills? Emotional wellness? Location/cleanliness of home or workspace?

Overview

2 Minutes

Class will review the following areas: General Health, Physical Environment, Physical Appearance, Mental and Emotional Health, Functionality of the Body

General Health about Yourself

3 Minutes

- **Confidence and Self-Esteem**

General Health Supportive Questions

When I think about my general health, what things are working for me? What things do I want to be different or improve? Describe what the desired outcome looks and feels like.

How do I feel about my level of confidence in how I interact with others? Is this how I want to feel? How do I feel when I walk into a room of people? Describe feelings you want to have in this situation.

How would I rate my self-esteem on a scale from 1-10? Do I say or think more positive things or more negative things about me? Why? How do I want to think about or talk about myself? Describe what I want my personal confidence level to look like.

Physical Environment

5 Minutes

- **Cleanliness**
- **Functionality of your Space**
- **Art/Colors**

Physical Environment Supportive Questions

Identify the way my physical space helps me with my goals. Cleanliness? Opportunities? Does it limit my progress? Do I want it to look or feel different? Describe the ideal physical space for me. How would it make me feel? In what ways can I contribute to creating a better physical space for my success?

Physical Appearance

2 Minutes

- **Hair style**
- **Clothing**
- **Posture**

Physical Appearance Supportive Questions

Looking at my physical appearance, what are the aspects I like most or am most proud of? ~How do I generally feel about the way I look? Why? How do I want to feel? What does the “ideal me” look like physically and in general appearance, such as clothes to wear, posture, shape or size of body?

Mental and Emotional Health

8 Minutes

- **Emotional & Stress Management**
- **Nutrition**
- **Overcoming Addictions & Abuse**

Mental and Emotional Health Supportive Questions

How do I manage my stress? Do I eat? Not eat? Exercise? Sleep? Not sleep? Over sleep? Do I utilize art, writing, and creativity? Do I turn to addictive habits or substances that does not promote health? How do I want to manage stress? Describe what that looks like.

Does my emotional health display numerous highs and lows? Do I often feel anxiety, discouragement, anger or depression? Identify common triggers and thoughts that increase the intensity and frequency of these emotions. What thoughts and emotional response do I want to have to triggers in my life? How can I minimize the severity of the trigger and promote a healthier emotional solution? What part of my eating habits would I like to change? Why?

Functionality of Body

7 Minutes

- **Exercise**
- **Resistance to disease**
- **Benefits of Exercising the Body and Eating Right.**

Functionality of the Body Supportive Questions

Is exercise important to my physical health? What elements of an exercise program would I like to include in my daily/weekly routine? Why? What benefits will I have if I include this in my life? ~Are there any special sports challenges I would like to take on? How would I feel if I accomplished one of these special sports?

Identify 2 things that are impacting my progress with physical health. How long has this been an issue? Am I at a point where I want to address at least one of these things? How will I do that?

Clarify and write your thoughts about the way that you want to manage stress.

3 Minutes

Share and Discuss

5 Minutes

Read Examples of Physical LifeVision

3 Minutes

Additional Information

When writing this section, describe yourself as a warm, loving, vulnerable, approachable, open and authentic person and watch the miracles happen in your life. You can write this section with a broad stroke of what you would like to create in your Physical world.

Answer Questions

5 Minutes

Write Your Physical LifeVision

30 Minutes

Teaching Outline Financial and Professional

Introduction to Financial and Professional

Bunker Bean

“Bunker Bean!” The mystic spoke with authority, “You are the reincarnated Napoleon Bonaparte, conqueror of the world.” Bunker Bean stood in amazement. How could such a nobody, a loser, a zero, be such a mighty leader? Harry Leon Wilson, who in 1912 penned the novel Bunker Bean, says it all started when Bunker Bean became an orphan as a small child. Alone and poor, always dressed in ragged clothes that hung loosely from his small frame he was mocked and taunted by cruel, merciless children. Fear greeted him when he awoke in the morning and remained his constant companion until sleep put it to rest. He was afraid of everything: elevators, dogs, children, grownups, policemen, things, situations, the future, life...and even himself.

One fateful day a mystic moved into the cheap, rat-infested boarding house and rented the room next to Bunker Bean. A friendship developed during the next few weeks. The mystic’s preoccupation with a book on reincarnation captured Bunker’s imagination. He learned that his new friend believed that all people had previous lives as someone else before being born into their present lives.

The more Bunker Bean thought about this new idea, the more he believed it. One evening after dinner the mystic proclaimed that he and he alone could see into the past and could tell who Bunker Bean was in his past lives. A small pittance of money, which Bunker could ill afford, was delivered to the mystic for the declaration. Bunker followed the mystic to his room and after a few minutes of incantations and trance-producing gyrations, his friend loudly proclaimed... “Bunker Bean, you are the reincarnated Napoleon Bonaparte, conqueror of the world!”

Timidly Bunker Bean asked, “How could I, who am afraid even of my own shadow, have been the feared and courageous Napoleon?”

The mystic explained that life goes in cycles. “Sometimes you are born during the upper part of the cycle and sometimes during the lower part. Napoleon lived on the upper part when he exhibited the qualities of courage, initiative, strength, determination, and power.” Bunker Bean then learned that his present life was the result of being born during the lower part of the cycle.

Depressed, he turned to leave; but the mystic yelled in a high-pitched voice, “Bunker, the lower part of the cycle is almost completed! You are now

reentering the upper part-the same part you were in when you were Napoleon!” The mystic assured Bunker that it would not be many days before he would feel a change taking place and know the prediction was true. “Even as we speak, you are on your way to becoming courageous, determined, strong, self-reliant, fearless, and successful,” whispered the mystic.

The very thought that he was once Napoleon caused him to stand a little straighter. By the end of the first day he could even detect hints of the promised change. Now that he thought about it, there was certain majesty in his look; he began to take on a certain warrior-air. When he thought of his “true” identity, Napoleon, he vibrated with a strange new power and determination.

Bunker Bean spent every spare moment reading books about Napoleon. He hung the great general’s pictures in the little dirty attic room where he could feast his mind upon his former self. He tried standing, thinking, and acting like Napoleon. The image never left his mind. Even when he was confronted with fear he merely thought, “How would Napoleon feel and what would he do?” and the fear vanished.

He discovered that Napoleon was a master strategist, winning his battles in his tent. Bunker decided he too, would plan, organize, and think out problems before facing them. He thought of every fear, obstacle, challenge, and danger he might face during the day and determined how Napoleon would react. Like Napoleon he made sure nothing was left to chance.

The large, colored picture of Napoleon was a constant reminder to Bunker of the great power and strength hidden in his breast. He visualized himself leading and directing vast armies. He vividly imagined the smell of gunpowder, smoke, and blood.

Something strange began to happen to Bunker Bean. He started acting like Napoleon. He forgot his timidity, his fears, and his meager existence. Each challenge was faced with, “How would Napoleon handle it?” He began applying the same principles that made Napoleon great. His fellow workers and employer were amazed at the change in his personality. His boss gave him a more responsible position. Bunker Bean began to feel and be successful.

Not only did Bunker Bean change, he was amazed at the way people were reacting to him. They wanted to be near him and even follow him as they would a leader. Seeing the changes in these people suggest to him that they might know his real identity.

Years went by and Bunker Bean continued his rise in life and fortune. But one day, when he was pondering over his greatness as Napoleon, he thought, "Before Napoleon who was I?" He searched for and found his old friend and inquired of him.

"That will cost you greatly!" said the mystic.

"Money is no problem now; just tell me."

The answer he received did not disappoint him. Before he was Napoleon, he was the greatest ruler the world had ever known. He was Ramses, the mighty Egyptian Pharaoh. Bunker learned that as Ramses he was tall and handsome and dressed meticulously. Bunker hired a professional tailor to fit him in such a way as to enhance his physical characteristics. His new clothes made him feel like a king and so he began acting like a king. He stood tall, expanded his chest, drew in his waist, and stood erect. He worked to develop the physical and mental discipline of Ramses. He had already discovered that it takes a vivid mental image along with matching behavior to bring to the present the great qualities of the past. He was a king and must, therefore, do as kings do. Money, for example, was not an issue, because kings always have as much as they want. Bunker knew that when money was needed it would be available...and it was. He was becoming a wealthy man.

Bunker Bean was invited to direct large organizations. He was a leader because he thought like a leader and acted like a leader. Never again would he be afraid of life, policemen, mockery, or himself. He was the mighty Pharaoh of Egypt. He was born to be a king. His destiny was to rule and so he would do those things that characterized greatness.

The mental image grew stronger with each passing day and in direct proportion strength, vitality, and excitement for life surged through his veins. Not only had he been the courageous, mighty Napoleon, but also the strong, calm, and powerful Ramses. He was a combination of them both. He thought courage at night and awoke in the morning with a giant's strength. His visualization poured the nutrients into his personality to mold and fashion a king and a conqueror.

But one morning tragedy entered Bunker Bean's life-- tragedy that neither Napoleon nor Ramses could combat. He discovered that his mystic friend was a fake, a con-artist. There really was no such thing as reincarnation. He really hadn't been Napoleon or Ramses. He really was nothing more than his weak, timid, fearful, insignificant self.

Bunker Bean was a beaten man for a few moments. Then, as if by revelation, he thought, “When I believed myself to be a king, others reacted as if I were a king. When I believed myself to be weak and timid others reacted as if I were weak and timid.”

A new and inspiring truth now dawned upon him. “I can be anything I can imagine and visualize in my mind.” During the years he had believed himself to be the reincarnated Napoleon and Ramses, he had accumulated great wealth and position, yet no one had known about his belief except his mystic friend. He had gained all by believing that he could do it. He believed in himself and his dreams. Ramses and Napoleon were only crude bits of scaffolding on which he had climbed to success.

Bunker Bean had discovered these great truths:

Every man is born a king.

Every man is born to riches.

Every man is born to greatness.

To believe...is all that matters.

Discuss the story of Bunker Bean

5-7 Minutes

- What meaning does this story have for you?
- Did it motivate you?
- Do you believe you can be anything you believe you can be?
- What happened to Bunker Bean when he began believing something different about himself?
- Do you think small? OR Do you think BIG?

You have the potential of changing your entire life. With LifeVision you can manage your money and your money mindset. Expand your thoughts about your financial future and clearly define exactly what you want your financial future to be in the next year and what kind of career you want to have.

Writing Exercise

10 Minutes

So let's begin with Step #1 - Identifying our financial and professional goals. Take about 5-6 minutes and write some bullet points some of your professional goals.

Example:

Get a job at _____?

Earn _____ per month/week

Be well liked and respected in my job

Get a raise and/or move to a better position within my first year

Become a supervisor

Share with a partner, illustrating the following process:

3 Minutes

Invite a student to come to front of room and walk them through this so that the others may grasp this concept). Walk her through the step-by-step process by asking her a series of questions to pinpoint exactly how she sees her ideal life and write on the board her ideal description words with the accompanying feelings, thoughts, emotions, actions, etc.

- Where would you like to work?
- What would you like to be doing there?
- How much would you like to make?
- Tell me what it's like at your job?
- How will it make you feel to work there?
- Why do you want to work there?
- Will you save any money?
- How much?
- How much money do you want in the bank in a year from now?
- What are you saving it for?
- How will that make you feel?

These are the things that you put into your LV,
And when you're writing it, it could sound like this:

Example:

I thoroughly enjoy my work as a project manager. I love my clients. When clients meet me, they feel that they can trust me and that I have a great deal of knowledge about my field. They sense respect and warmth from me. I have great insight and understanding of those I meet. I am cordial when clients come in and think empathetically about their needs and feelings. Our relationship is always a positive experience for them. I explain well the information I give and they feel that they can ask questions. I am patient with their need for information and reassurance. They feel comfortable with me. I keep in mind the importance of customer satisfaction.

I am wise when deciding which clients to take on and which ones will tax our resources too much. On their return visits to the office, I call them by name, often touch them on the shoulder, and acknowledge their importance to our office. I arrive at the office at 8:30 am. The first hour is spent in studying, filing, and preparing for the day. At 9:30 I focus on the files that need my attention the most. I organize my priorities well and stay focused as the other demands of the day present themselves. I use my time effectively, choosing each hour the most effective and important things to do. I approach my clientele with positive expectations.

I am committed to excellence in my career, always mindful that my personal life comes before the demands of work. I quickly return phone calls and always follow through on assignments that I take on. Deadlines are always met because I plan so well ahead. I wrap up my paperwork by 5:00 pm. I work hard to be a positive part of our team. I enjoy the office staff. I watch closely for their accomplishments and compliment them specifically. I enlist their help in establishing office rules and expect them to conduct themselves accordingly. They appreciate my leadership and follow easily. We have fun and laughter in the office at appropriate times. They know from my actions and attitude that happiness is a priority for me.

I have an efficient office system and strive to continually improve to meet our clients needs. I am open to ideas from the staff and enlist their suggestions and feedback. Staff members know that they can approach me for counsel, that I am wise and fair in making decisions. I approach them in an open, easy, happy, grateful manner. I am generous with praise. I pitch in whenever necessary to take action in resolving conflicts and

problems. I speak well of them to others. I am favorably viewed by upper management and, when I am with them, I converse easily. I have a keen sense for recognizing honest and profitable business ideas. In 2012 my earnings are _____?

I save 10% of my income and keep a savings account of _____ for emergencies for my family or myself. I seldom use credit, using cash for most purchases. I am mastering the discipline of budgeting. I use the utmost prudence and sensibility when spending money.

What about managing money?

What are the 2 ways of making money?

People at work and money at work.

Talk about Interest and money at work

Questions to ask:

- Will you save a percentage of your money monthly? How much?
- Will you make it easier for you to save by making automatic deductions?
- Will you invest your money? What will you invest in?
- How about budgeting and keeping track of your income and expenses?
- Do you need to read some financial books?
- Do you want to hire a financial coach?

Write your Financial and Professional Life Vision

30 Minutes

Teaching Outline - Giving Back

90 Minutes

Introduction to Giving Back LifeVision

5 Minutes

Read quote from handout and discuss why the opportunity to give back is a blessing.

Questions to Answer in Handout

3 Minutes

- 1- What do the words “giving back” or “service” mean to me?
- 2- Why is giving back important to me?
- 3- What role does gratitude play in my decision to give back or serve others?

Share and Discuss a Few Examples

5 Minutes

Introduce Activity

7 Minutes

There are needs all around us. In Somalia families are dying of hunger; in America, people are out of work; in India, children go without an education. There are as many ways to serve as there are needs. The Rai Foundation recognizes this, as part of the goals they work toward is “Empathy for societal causes and concerns” (put this quote on board)

Board Activity

Can anyone tell me the difference between:

Sympathy (word strip on board), and

- (we share the feelings of another – understanding from our head)

Empathy (word strip on board)

- we understand those feelings from our heart

We are going to share an activity that will help you to understand a little more personally what “Empathy for societal causes and concerns” means.

Pass out the laminated cards. When the cards have all been passed out, there will be approximately 5 girls who will share one of the following 10 difficult human conditions:

I am homeless

I am an orphan

I am hungry

I am illiterate

I live in poverty

I am a widow

I am handicapped

I work in a sweatshop

I am a victim of human trafficking

I have no job

Empathy Activity

16 Minutes

Instructions and Movement

4 minutes

1. I will ring a bell which will be your signal to begin.
2. At the sound of the bell, begin moving around the room, calling out your human condition – the one written on the card you have been given.
3. While you are calling out *your* condition, listen carefully to the conditions that *others* are calling out as well.
4. When you hear someone calling out your same condition, lock arms with her and together, keep calling out your condition. You will be done when you have locked arms with a total of 5 girls.
5. When you have found all 5 girls, sit down together and wait for further instructions.
6. Ring bell and begin.

Empathy Writing Activity

5 Minutes

When all groups are together say:

- There are 10 different human conditions being experienced in this room.
- You will begin your exercise of empathy and understanding by looking at the paper I have given to each group. At the top of the page are 2 columns. One says “My Fears” and the other, “My Hopes”.
- When I ring the bell, you are to talk with your group members and discuss what it would really be like to walk in the feet of the person represented on your card. Think as if you ARE that person. What would your deepest fears be? Your greatest hopes?
- Choose a spokesperson. You will have 3 minutes to do this. At the end of the 3 minutes, I will ring the bell and it will be time for you to stop.
- Ring bell and begin.

Sharing Conditions

5 Minutes

When the 3 minutes is up say:

- Your spokesperson is now going to “visit” other groups with conditions that are different from yours. At the sound of the bell, your spokesperson will take you “Fears and Hopes” paper and move clockwise to the next group.
- She will have 1 minute to share what your group wrote.
- At the sound of the whistle, it will be time to move to the next table.
- Because of time, you will not be able to visit all 9 tables.
- When you hear the bell at the end of the 4 minutes, the time is up, and the spokeswoman will return to her own table
- Teacher will go around the room and ask the spokeswomen to stand and state what their condition was
- Ring bell and begin

Class Discussion

2 Minutes

- What are some things you learned about empathy from this activity?
- Was there a particular condition that seemed to speak to your heart?

Questions to Answer

5 Minutes

- How would knowing somebody’s “story” help me serve them with greater compassion?
- What one experience have I had that can be used to help another in need?
- What thoughts, fears or barriers have kept me from giving service in the past? How will these beliefs affect my ability to lead and influence others in the future? How will these beliefs limit my personal growth in Service Leadership?
- Why is “giving back” important to me?

Share responses to questions

5 Minutes

Share Examples

5 Minutes

Answer Questions

5 Minutes

Write your Giving Back LifeVision

30 Minute

Recording Your LifeVision

Recording Your LifeVision with The Vision Guider

Hook up a PC to a screen and bring up Vision Guider. Once the butterfly is on the screen, walk them through the entire process and tell them to take notes so they can recall the exact order for when they record their own.

The instructions for the Vision Guider are simple and easy to understand. You do not need an education in musical theory, technology or multi media. In fact, the Vision Guider has been designed to be very easy and intuitive to use. There is no instruction needed. You can get started immediately and within minutes you will be able to produce your first recording. You will discover many other uses for this program as well.

Tips for Recording Your LifeVision

As you are speaking, make sure you are upbeat and positive: When you record your LifeVision, make certain you are in a good state of mind, feeling positive, optimistic and enthusiastic. Visualize how it will feel to be the person described in this vision. Make certain you read through it with a BIG smile on your face! The energy you bring to the recording will be picked up and you don't want to listen to yourself each day if it isn't recorded in an upbeat and positive way!

Rehearse: Before you start recording, take a minutes to rehearse. Read aloud from your LifeVision pages with the music playing in the background. Become familiar with what you have written and learn to be comfortable with hearing yourself read it out loud.

Music Choice: Many ask, "Can I substitute Baroque or Accelerated Learning Music with some of my favorite tunes?" The answer is no. The choice of music you make has nothing to do with your personal taste or entertainment value. The science of the music required is specific and essential in the successful results you desire. Please refer to the music resources provided.

Adjust the volume: You will need to experiment a little to find the proper balance between the volume of the music and your voice. After a minute or two of rehearsal recording, play the recording back, you may notice when you

playback the recording, the volume of your voice and the background music from your music source is often softer than you thought. Experiment with different volumes until you get it right. When the proper recording balance is achieved, you should be able to hear your own voice above the background music.

Get accustomed to the sound of your voice. Upon first hearing the recording of their LifeVision in their own voice, many people grimace, “Does my voice really sound like that?” Don’t worry about how the initial recording sounds. It is always evolving and you’ll get plenty of opportunity to re-record it and will become more comfortable and polished each time. And as time goes by, you will come to appreciate and even enjoy hearing your own voice.

Important: You may have the inclination to keep re-recording it until you get it perfect, resist the temptation. Rehearse a few times and then make the recording, complete with stutters, mispronounced words etc. Just get it done. Your LifeVision does not need to be recorded perfectly to be effective. Your want to start experiencing the rewards, so relax and let it flow.

Revising Your LifeVision

Why Would I Need To Revise My LifeVision?

LifeVision is a powerful and simple tool that can be implemented daily every day for the rest of your life. Your LifeVision can provide many benefits such as maintaining good habits, to rid yourself of negative habits, to achieve a particular goal, and to progress to a new level. LifeVision is not a static document or recording but an ever-evolving vision of your ideal life as you achieve your goals and aspirations.

You may experience however what some people call LifeVision nausea. You might not be happy with the first recording of your LifeVision. You may have stumbled on a word, or you might think you sound tedious or speak in a monotone voice. Perhaps there are areas that you wished you had spoken with more inflection or enthusiasm. You might feel there is a part or parts that you think are boring or irritating and you just can't wait to get rid of it. There may be area's you wish you would have expanded on or added more detail. There may be things that you wish you had included. All of these are symptoms of LifeVision nausea.

These feelings are normal and to be expected. LifeVision nausea is common with your first recording and within the first month of listening to it. Because this is your first time writing your LifeVision you will learn things along the way that will make a successful recorded LifeVision for you. Simply Revise your LifeVision and re-record it, before long you will have it just right and be on your way to reaping the benefits of your efforts.

Important! It is critical that you update and revise your LifeVision as soon as possible if LifeVision nausea occurs. With your initial LifeVision it is particularly crucial. Otherwise, despite your intention of re-recording a revision, you may just stop listening, and before you know it, days and months will have passed without listening to your LifeVision. You will find yourself back to old habits and ruts and living an unfulfilled life.

Suggestions for Revising Your LifeVision

Sit down with the written copy of your LifeVision and while following along to the recorded version, make notes in the margins, indicating the revisions or additions you would to make. Reconstruct LifeVision statements that lack power. This is evident if it becomes boring to listen to or if the words do not

elicit much emotion. Other indicators a revision would be helpful is if you are having trouble visualizing the stated goal or if the desire to achieve it isn't there anymore. If you experience any of these symptoms, analyze the obstacle by asking yourself the following questions:

1-Is the goal too overwhelming? Should it be broken down into smaller steps and only include the first step in this LifeVision.

Example

Statement: I own a successful Massage Therapy business with 10 Therapists working for me. My overall business clientele includes 100 clients.

Revised Statement: On June 30, I am a Certified Massage Therapist. Two years from now, I have 40 regular clients.

2-Do I doubt myself because of habitual ways of thinking or lack of self-confidence? What can I do to add more belief and credibility to this particular goal?

3-How can I state this goal in a way I can visualize it better? What details are missing?

Keep a record of new LifeVision ideas and goals you wish to achieve in your journal or other notes. It is inevitable that new ideas will come to you. Write them down so you don't forget them and add them to your next revision. You will be especially motivated when you start seeing your goals are being reached, encourage new and bigger things to accomplish.

Every two to four months, you will more than likely feel the need for a revision as you reach your goals. It is not necessary to update every time you accomplish a goal, however when there are many things that have been accomplished, that is a good indicator to revise with new goals and ideals.

**The following pages contain
Global LifeVision handouts for students.**

Global LifeVision - Spiritual

Spiritual LifeVision

Spirituality allows the opportunity to tap into a power greater than ourselves as a source of inspiration and guidance. Whatever your own spiritual core beliefs, values or traditions may be, spirituality is the heart and soul of all areas of our lives, all that we do radiates from this our spiritual core. The wholeness of our ideal life is built upon our spiritual beliefs.

Spirituality can help you to feel centered and at peace. The aspects of your spiritual life may include: prayer, sacred reading or other inspirational writings, mediation or pondering, religious worship, developing spiritual gifts, developing character traits such as integrity, compassion, empathy and humility.

Questions to Ponder

Ask yourself these questions as you consider your own spirituality.

- What does spirituality mean to you?
- What rings true within your heart?
- How will you honor or practice spirituality?
- In what ways do I want to be more spiritual? How will I do this?
- Are there practices I would like to incorporate into my life such as prayer or meditation?
- What will these practices bring to my life?
- Do I want to become more religious?
- Do I want to incorporate religious beliefs and practices into my life? How will I do this?
- Do I want to spend more time reading religious or spiritual literature?
- What would reading this literature do for me? How will this make me feel?
- Is there music or inspirational thoughts or messages I would like to listen to?
- What are ways I can express my gratitude? How will it make me feel?
- What kinds of people, events, or environment make my inner spirit come alive?

Mindful Practices and Habits

Spiritual seekers often use mindful practices and habits to bring a sense of peace and well-being. Consider these practices and habits to invite a higher sense of spirituality.

- Listen to music that is inspiring, uplifting, or reflective.
- Read from inspiring authors, thought leaders or sacred writings.
- Find time for yourself; enjoy the solitude as a time for personal retreat and renewal. Engage and participate in something that elevates the mind and spirit.
- Attend events that uplift the mind and spirit through music, art, dance or theatre.
- Embrace the beauty of nature
- Practice the art of being grateful. Create an Attitude of Gratitude.

Your magnificent journey begins from a source of abundance and love.

Global LifeVision – My Life Purpose

My Life Purpose LifeVision

Each of us has been given unique gifts, talents and abilities. There's a voice in the universe calling each of us to remember our purpose—our reason for being here now, in this world of impermanence. The voice whispers, shouts, and sings to us that this experience of being in form, in space and time, knowing life and death, has meaning. The voice is that of inspiration, which is within each and every one of us.

You were created with great love and divine purpose, your intentional creation and presence hold great value to the wholeness of the Universe. All of us, not just some of us were born with uniquely given gifts and talents that when propelled into forward motion complete the aligned and predestined contribution to all that was ever created.

Those who follow their true path and purpose usually do these five things.

- 1- They are able to read the clues that guide them on their path.
- 2- They are very clear about where they are going.
- 3- They recognize and embrace their natural gifts.
- 4- They are willing to sacrifice to make significant contributions.
- 5- They follow their bliss and as a result they meet people on their path who have been placed there to guide them along their journey.

Questions to Ponder

Ask yourself these questions as you consider your purpose.

- What character traits do I have?
- What other characteristic traits would I like to develop and incorporate into my life?
- How will I incorporate these traits into my life?
- Do I recognize my gifts that are uniquely my own?
- What are my own gifts and talents? How will I honor those gifts?
- What is My Purpose? When are you the happiest?

Journal Writing to Discover and Nourish your Purpose

Journal writing is a powerful and valuable tool to help you discover your purpose uncovering what it is you really want in life and what you want to accomplish. We all have a unique path; the journal you write is the map of that special path. Consider these four things to include in your journal writing. Together they spell PATH

- 1 – People Who Appear on Your Path.
- 2 – Actions Taken on Aspirations and Opportunities.
- 3 – Thoughts that Help Create a Life of Meaning and Significance.
- 4 – Happiest Moments and Memories.

**“If what you dream wasn't already inside of you.....
how could you even dream it?”**

Global LifeVision - Relationships

Relationships LifeVision

We have the opportunity to develop many kinds of relationships such as with family, friends, extended family, children, a spouse, a companion, colleagues, ourselves, our community and even the world. The organic desire to nourish a relationship with another is an intrinsic reminder that we are all here to help, love, and serve each other...to be a constant support and a gentle haven of kindness to one and all on our journey and path. When we recognize this divine and simple understanding that we are all more alike than we are different, it is then that we have truly understood the reason for our existence. The wholeness of our creation has been discovered.

The Most Important Relationship...The One With Ourselves

What are the conversations you have with your inner voice? Every morning look in the mirror, make eye contact with yourself. Honor and see within you the beautiful woman you already are. Tell yourself what you love about yourself; what you are proud of. Plant and nourish positive seeds of thought you would like to develop. You are beautiful. You are enough. You are a child of magnificent creation. Abundance and joy is your birthright. You matter in this world. Include these five truths about yourself and watch the magic of your existence unfold. I am Worthy. I am Capable. I am Deserving. I Trust Myself. I Forgive Myself.

Mindful Practices and Habits

Let people in your life know you are thinking of them. Take the time to send messages of love or gratitude to the people that mean the most to you. Tuck a thoughtful note somewhere they will find it, send a Birthday card or a Just Thinking About You card. Text a message telling them how wonderful you think they are. Call them on the phone to visit with them. These small tokens of love and appreciation are a way to connect with those we hold dear.

Make time to be with those you wish to have healthy relationships with. Be authentic and present in your conversations, sending a clear message of *"You are important to me, I love sharing time with you, I am interested in what you have to say."* The importance of creating this time together is monumental in creating successful, loving, and fulfilling relationships.

Take the opportunity to express true kindness to everyone with whom you come in contact. Give a simple smile to someone you pass, or extend a helping hand to a stranger or help someone with their arms full. We all need each other. The ripple effect of random simple acts of kindness is far reaching and allows for humanity to exist in its highest state.

**I have been born into an interconnected world and have been blessed
with an abundance of meaningful relationships.**

Global LifeVision - Health and Hygiene

Global LifeVision - Health and Hygiene

Health and Hygiene LifeVision

The most important “home” we live in is not made up of bricks, mud, wood, or grass. It is made up of 1.8 meters of skin, with 206 bones as the foundation and 5.6 liters of rich, red blood to keep it alive. Our *body* is our home—the only one we will ever truly live in throughout our lifetime. Like a good friend, our body will support, sustain, and provide all we ask of it, *if* we treat it with respect, and care. We respect it by honoring the life we have been given. We care for it by understanding the importance of living a healthy lifestyle.

Questions to Ponder

- How will good health and hygiene affect my ability to enjoy my precious life?
- What am I doing now, to respect my body?
- How will knowing about germs, clean water, and sanitation influence me, my future family and/or my community?
- What do I want to be doing 5, 10, 15 years from now? How will choosing to live a healthy lifestyle today, affect my future dreams and goals?
- How will creating a Life Balance routine, help me?
- What are some ways that I can share what I am learning?

Some Things to Remember

Being healthy is not just about eating our fruits and vegetables. While this part of health education is important, health, like a ruby, has many facets. One facet is our physical health. What are we eating? What kind of exercise are we participating in? Another is our mental health. For instance, how do we talk to ourselves? How do we deal with stress? Yet another is our emotional health. Do we take time to nurture friendships? Are we meditating and/or taking time to commune with our “higher power”?

Our ability to live a life of health and happiness will often be determined by the way we answer these and other questions. Just like a ruby whose facets are best appreciated when in the light, we too must seek the light of knowledge to help us become our best self. Once we have been taught, we commit to teaching others that they may also enjoy health and happiness in the “home” that they are living in.

**“Health is a state of complete physical, mental and social well-being,
and not merely the absence of disease or infirmity. “**

World Health Organization 1948

Global LifeVision - Physical

Physical LifeVision

Your health and your thought pattern are interlinked. What you think and what/who you surround yourself with influences your well-being. Your thoughts are of your own choice and hence you can control them. It is very easy for the negative thoughts to crowd your mind and become a habit, where as more effort is required to push them out and fill with good and positive thoughts. You will get it by practice, persistence, patience and self-belief. Creating a positive physical environment can significantly change your mind and body.

Questions to Ponder

- When I think about my general health and environment, what does that include? Ie) Functionality of the body? Appearance? Mental capabilities? Social Skills? Emotional wellness? Location/cleanliness of home or workspace?
- When I think about my general health, what things are working for me? What things do I want to be different or improve? Describe what the desired outcome looks and feels like.
- How do I feel about my level of confidence in how I interact with others? How do I feel when I walk into a room of people? Describe feelings you want to have in this situation.
- How would I rate my self-esteem on a scale from 1-10? Do I say or think more positive things or more negative things about me? Why? Describe what I want my personal confidence level to look like.
- Identify the way my physical space helps me with my goals. Cleanliness? Opportunities? Does it limit my progress? Describe the ideal physical space for me. How would it make me feel? In what ways can create a better physical space for my success?
- Looking at my physical appearance, what do I like most or what am I most proud of? How do I generally feel about the way I look? Why? What does the “ideal me” look like physically and in general appearance, such as clothes to wear, posture, shape or size of body?
- How do I manage my stress? Do I eat? Not eat? Exercise? Sleep? Not sleep? Over sleep? Do I utilize art, writing, and creativity? Do I turn to addictive habits or substances that does not promote health? How do I want to manage stress? Describe what that looks like.
- Does my emotional health display numerous highs and lows? Identify common triggers and thoughts that increase the intensity and frequency of these emotions. What thoughts and emotional response do I want to have to triggers in my life?
- Is exercise important to my physical health? Why? What benefits will I have if I include a new exercise routine in my life?

“What lies behind us and what lies before us are tiny matters compared to what lies within us.” - Ralph Waldo Emerson

Global LifeVision – Financial and Professional

Financial and Professional LifeVision

This section involves your career and your money. How you earn your money and how you manage your money. Financial success starts in the mind. What thoughts and attitudes do you hold about money? What career would you like to have? Do you believe you can achieve any worthy goal in your career? Do you believe you are capable of earning enough to accomplish your greatest dreams and desires?

Questions to Ponder

- What is my ideal career?
- What are the details of my ideal professional life?
- What will my work environment be like?
- What leadership opportunities would I have?
- How much money would I earn a year? How will I spend my money?
- Who will I help with the money I earn? What will I do with my extra money?
- Are there classes or workshops I can attend that will further my education and knowledge? Who can I learn from in the profession that I desire?
- How will I organize and keep track of my expenses, my investments, and my financial goals?
- How much money do I save? How much would I like to have in a retirement fund? What other investments do I make?
- How does it feel when all of my financial goals have been met?
- What material possessions do I own? What does my ideal home look like?
- Are all of my financial needs met?

Many people are limited by their own beliefs about money. Perhaps you grew up in very poor conditions and have always thought that your life would always be the same. We have within us the power to change ANY circumstance or condition in our lives. It all begins with a new thought replacing the old thought pattern that creates new beliefs. If you did not grow up with financial security it does not mean that your financial future will always be the same. Begin to imagine a life wherein money is abundant, there is no lack. No matter what things look like currently and no matter what anyone else says, you can begin to plant new beliefs of prosperity. Consider all of the good you can do in this world, for your family and for your communities with financial abundance. Discover what you love to do and explore ways that you can create financial security doing what you love.

“The master in the art of living makes little distinction between his work and his play, his labor and his leisure, his mind and his body, his information and his recreation, his love and his religion. He hardly knows which is which. He simply pursues his vision of excellence at whatever he does, leaving others to decide whether he is working or playing.” ~James A. Michener

Global LifeVision - Giving Back

Giving Back LifeVision

The opportunity to give back is a blessing that all can take advantage of if they seek it. Giving back helps us to appreciate life and its opportunities. The act of service helps us to love others and see them in a way we have never thought of people. Robert F Kennedy said: "Few will have the greatness to bend history; but each of us can work to change a small portion of the vents, and in the total of all these acts will be written the history of this generation . . . It is from numberless diverse acts of courage and belief that human history is shaped. Each time a person stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, she sends forth a tiny ripple of hope, and crossing each other from a million different centers of energy and daring, those ripples build a current that can sweep down the mightiest walls of oppression and resistances."

"You must be the change you wish to see in the world."

~ Mohandas Gandhi.

Questions to Ponder

- What do the words "giving back" or "service" mean to me?
- What role does gratitude play in my decision to give back by serving others?
- How would knowing somebody's "story" help me serve them with greater compassion?
- What one experience have I had that can be used to help another in need?
- How does giving back through service make me feel? Why do I feel this way?
- Why is giving back important to me?
- What thoughts, fears or barriers have kept me from giving service in the past? How will these beliefs affect my ability to lead and influence others in the future? How will these beliefs limit my personal growth in Service Leadership?
- How will my "thinking small" affect me, my school my future family and my community?
- What three steps will I take to overcome these belief-barriers?
- What three strengths do I have that can be used in service to others?
- In what way would I like to use these strengths to give back to my community?
- What is one opportunity I will create for others to give back?
- Who are two people I can recruit to help me in this effort? When will I reach out to them? What role will they play?
- What are some ways that I could teach others this principle of giving back or serving?
- What can I learn about serving others from the example of others I admire?

**"If I can stop one heart from breaking, I shall not live in vain;
If I can ease one life the aching, Or cool one pain,
Or help one fainting robin unto his nest again, I shall not live in vain."**

~Emily Dickenson

