

Vision to Reality

Create Your Life Vision



By TessBrigham, MFT, BCC

Congratulations! I'm so happy you're here and you decided to take action so you can finally ditch the doubt and create the life YOU want.

In this workbook you're going to visualize what your life would look if you could have EXACTLY what you want. That's right. No restrictions. You're going to visualize what you want in eight (8) different areas of your life.

Please complete the workbook prior to our coaching session because we're going to be strategizing and determining what you need to do to make your **vision** your **reality**.

Before you get started a few things:

- While you could do this "in your head," you'll really be missing out. When we take the time and energy to write something down it instantly becomes more real and more powerful.
- Make sure you have at least 1-hour of uninterrupted time to do this workbook. You should be in a quiet, comfortable space where you can close your eyes and not worry someone will make off with your laptop.
Life is crazy busy but you've just made the decision to invest in yourself, so don't cheat yourself by trying to complete this on the bus to work or while you're binge-watching "Friends" again.
- There is no "right" or "wrong" vision for you. What's right for one person, isn't necessarily right for you. If you find yourself visualizing a career your parents would love but you know will make you miserable - please stop! Give yourself permission to see what you want to see.

- Dream big. It's easy to think, "I see myself as an executive but being a CEO, that's a lot to wish for so I'll visualize myself as a VP." NO. Don't short change yourself. If you want to be a CEO, if you want to be a billionaire, if you want to be the next Meryl Streep...see it and write it down! That's awesome. We can talk about the first steps to getting there.
- Finally, don't get bogged down in the "how." If you see yourself as the CEO of your own company and married with 4 kids, don't go down the rabbit hole of, "Well how will I be a CEO with all of those kids. I'll have to either get pregnant now or quit my job and starting building a company...I can't do that...maybe I should change the vision."

How you get to where you want to go is out of your control right now. What is within your control is completing this workbook. (I'll talk more about this concept during our call!)

OK. I'll stop talking. *Let's get started!*





First read through each area to get comfortable with what you're going to be visualizing. For each area, you're going to read the questions and then close your eyes, visualize what you want, and then write down everything you just imagined in your mind.

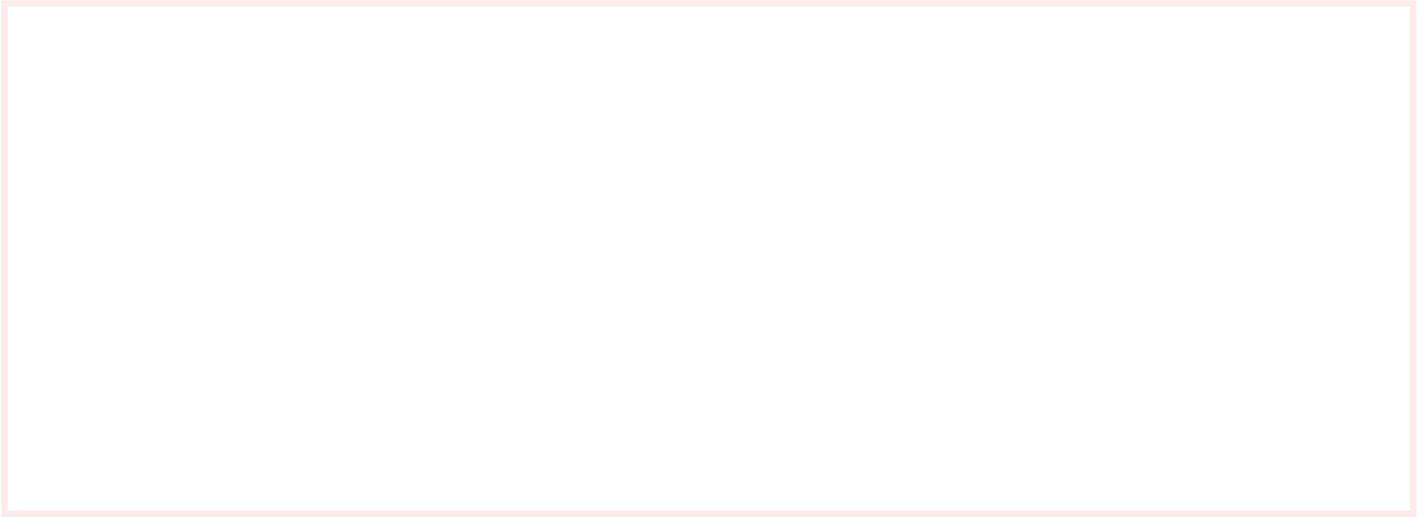
Sit comfortably and close your eyes and focus on images of what your ideal life would look like if you could have EXACTLY what you want.

Career

What does your ideal job or career look like? What do you do every day? Who do you work with? Are you working for yourself or someone else? What kinds of customers, clients, patients, do you have? How many people do you serve or how many objects do you produce? Is this a profit or a non-profit business? Who do you serve? Do you work full or part time? Do you telecommute? What do you wear most days?

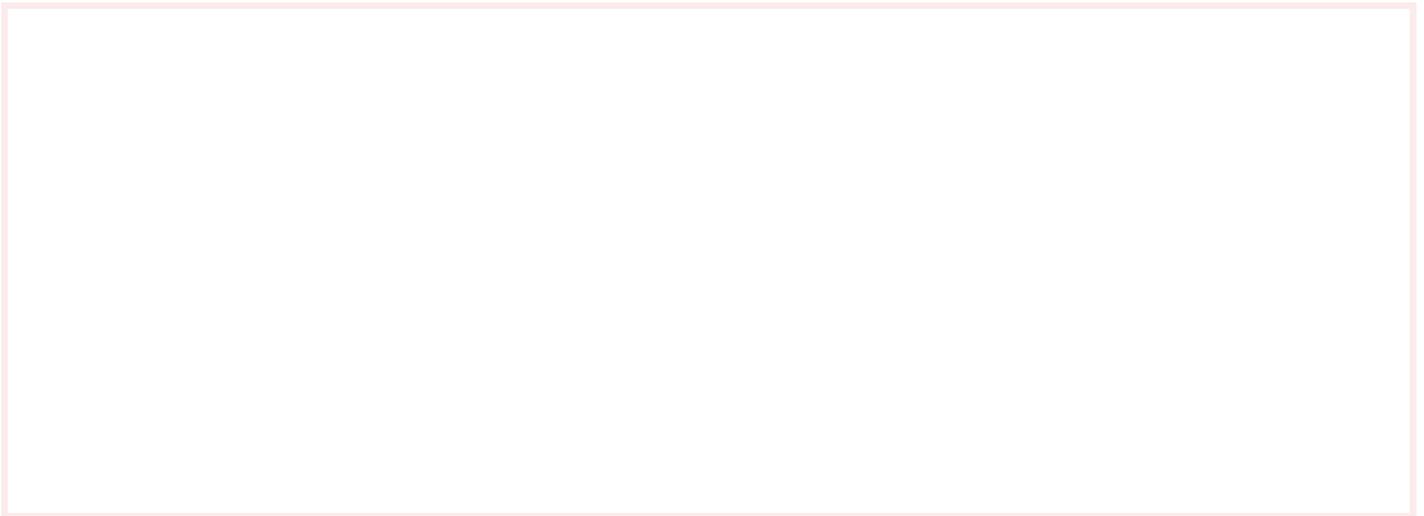
Relationships

Think about the relationships in your life? Do you have a partner? If so, what does s/he look like? How old is this person? What kinds of conversations do you have with one another? How does s/he treat you? Do you have children? If so, how many? What is your home life like? Are there pets? How do you all communicate with each other? What's the general feeling in your partnership or family? How are your other relationships? Do you have close friends? How do you get along with your parents, siblings, and other family of origin members in your ideal life?



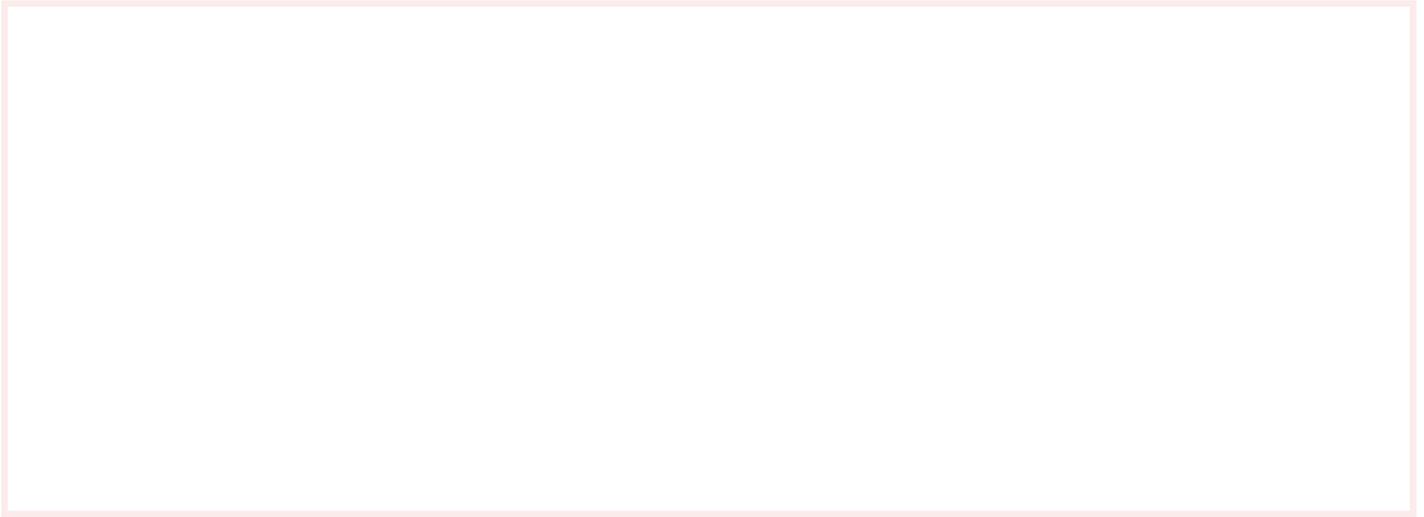
Physical Health and Wellness

Now I want you to picture your perfect or ideal physical state. What does your body look like? What are you eating every day? What's the state of your general health? Do you exercise? If so, how often? What else do you do to maintain your health?



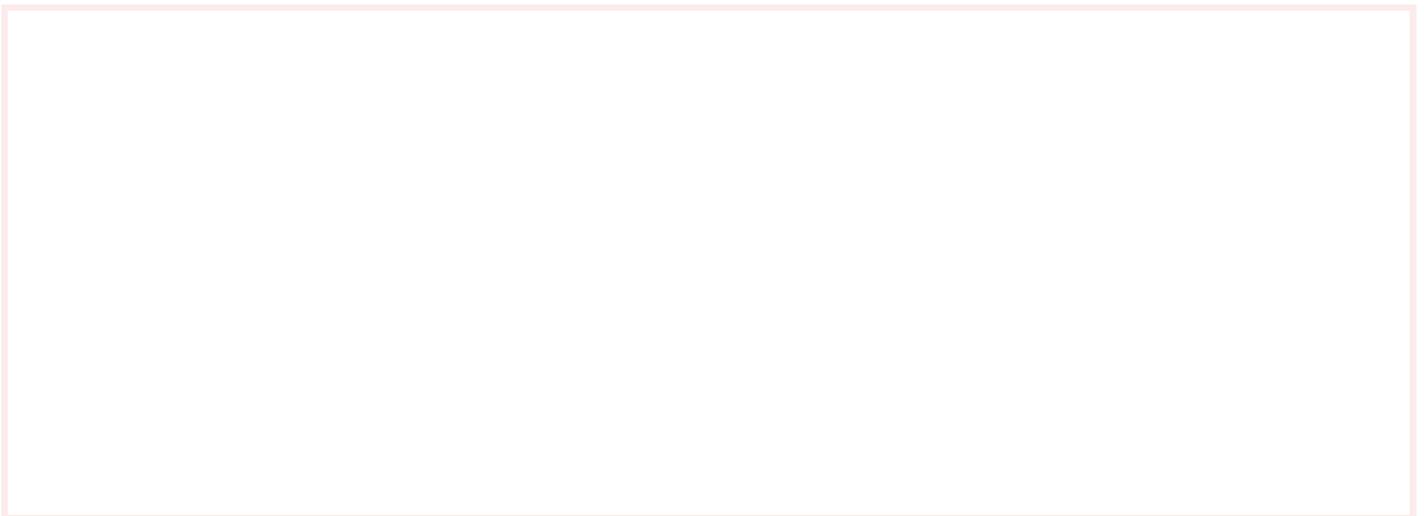
Finances

I want you to think about your finances in your ideal life. How much do you make a year? How much is in savings, investments (stocks, real estate, etc) and how much is in cash? Even think of how much you carry in your wallet day to day.



Home

What does your house look like? Where is it? Think about it room to room and include as many details as possible (colors, fabrics, furniture, your favorite room or view). Walk through your home, top to bottom, and notice all the details.



Fun/Free Time

What do you do for fun? How do you spend your free time? Who are you with? What do you see, smell and taste while you're having fun? Are you taking any classes? What hobbies do you enjoy? Are you thinking of going back to school?

Spirituality

How does this area of your life look? Are you part of a formal religion? How often do you pray, go to church, temple or mosque? How does your spirituality show up in your day-to-day life? Do you journal, pray, fast or live in a spiritual community?



Sex

What's your sex life like? Do you have one partner or many? How often do you have sex? Where are you having sex? How do you feel about your body? What's the intimacy or intensity of your sex life like?

Awesome job! What was that like? I've done this exercise many times and I always feel excited, inspired and ready to start taking action. You might feel this way or you might feel a little drained. Again, there is no "right" or "wrong." Give yourself a few minutes to take it all in.

Please email me your written answers to tess@tessbrigham.com at least 24 hours before our session. In the meantime, I want you to read and review your vision EVERY DAY until we meet.



Feel yourself in the setting - don't just read it like a report. Feel yourself in the situations you described. Run a movie in your head for each piece and see yourself in the movie.

This keeps both of your conscious and subconscious minds focused on the vision and your mind will start to problem-solve how to make these visions a reality. If you miss a day, don't beat yourself up, just get back to it the next day. Progress not perfection.

I'm so excited to hop on our call and learn about your unique vision!