

VISIONING THE DIFFERENCE YOU MAKE

A visualization exercise

Set aside 15 to 20 minutes for this exercise. Get comfortable in a place where you have privacy and won't be interrupted.

Sit comfortably in a chair or on the floor, closing your eyes when you feel ready.

Start by relaxing each part of your body, starting at your toes and moving up slowly along your legs, hips, waist, back and tummy, chest, shoulder blades, shoulders, neck...all the way up your face and back of your neck to the very top of your head. Consciously invite every part of you to relax and let go.

When you are ready, move your attention to the spot inside your head behind your eyes. You are going to play a movie here, so imagine a screen or area there where you can watch the scenes.

The first scene is you lying in your bed, just starting to wake from a great night's sleep. The date is two years out from now, and life is feeling really good for you in this scene. The decisions you've made and the work you've done have led to a life that feels great to you. Pay special attention to the details around you as you wake up.

What do you notice about the room you are in? Furniture and bedding—what colors do you see and what kind of materials? Do the walls have artwork? Is there a window? Notice all of these details of the room.

Now you are walking out of the bedroom and starting your day. Where are you going first? Are you having breakfast with someone? If so, who—and what do you talk about over breakfast?

It's time for your first meeting of the day. Who is it with and what is the meeting about? Where does this meeting happen?

Take time to notice what you are wearing on this lovely day in your great life two years from now. What colors and style of clothing? Notice your shoes. After your meeting, you are traveling back to your office or wherever you work when you get a phone call. You pull over to a safe spot to take this phone call. You are so glad you did because this person has some extremely exciting news for you. What is the news? Why does it matter so much to you?

Take yourself through the next few hours of the day. Go to your office. Notice what it looks like and who is there.

Pay special attention to what you are doing while you are working.

Are you preparing a talk—and if so, where will that talk be delivered? And what is the title of that talk?

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Are you writing articles—and if so, for what publications?

Maybe you are working with clients or some other kind of projects— notice as many details as you can.

Let the scene play out on the screen behind your eyes in an easy way. Notice what you do in the evening and as your day turns to night. When you have experienced a full day on the movie screen in your mind, walk yourself back to your bedroom, pull back the covers and climb back into bed.

But don't open your eyes yet...

It is now ten years out and you are again waking up in your bed, into an even more awesome life where you are contributing beyond your dreams.

Notice if it's the same bed or a new space or furniture and bedding. Just make note.

Then walk yourself through the same events as above, only this time they are happening ten years from now. Things are different in your life and in your work. What are those details?

Make notes of everything that comes to you. Don't judge whether it's useful or not, just notice.

And when your day is ready to close, walk yourself back to that cozy bed in your bedroom of ten years from now and go back to sleep.

When you are ready, open your eyes and answer these questions in your journal, one answer for each of the two phases of this visualization, two years out and ten years out:

What did you notice about your bedroom, home and life?

What was that first meeting you had about and who was it with?

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The phone call while you were driving—who was it and what was the news?

The projects you were working on, what were they?

If you were crafting a talk or writing an article, what was the title and content of those?

What did you do in the evening and then later in the night before bed?

What other details stood out that you want to capture? Just write them down.

What was different about the ten years from now visualization?

Did you notice a difference in the way you felt?

Were your projects different?

Was your house or office different?

Write down all of the details.