

VISIONING

VISIONING: WHAT I SEE MY FUTURE AS.

WE HAVE BEEN LEARNING THAT THE IF THEN MODEL NEVER WORKS.
IF THIS HAPPENS THEN I WILL BE HAPPY.

THE NEW MODEL FOR HAPPINESS IS INSIDE ME, TO BELIEF THAT NO
MATTER WHAT I PUT MY HAND TO, I CAN CHOOSE TO BE HAPPY ALONG
THE JOURNEY.

LIFE ISN'T ABOUT DOING, IT IS ABOUT BEING.

I MUST FOCUS ON:

- HOW I FEEL ABOUT MY SELF
- WHAT I DO DIFFERENTLY INSIDE MYSELF
- BEHAVING OUTWARDLY AS IF WHAT I BELIEF IS TRUE
- PUTTING MY HANDS TOWARD GOALS THAT LINE UP
WITH THIS NEW IDEA OF WHO I AM BECOMING

I GET TO CHOOSE WHO I WANT TO BE. I GET TO CHOOSE TO BE MY MOST
RADIANT SELF!

AS A COACH AND COUNSELOR FOR YEARS, I HAVE USE THE IDEA THAT
WHO WOULDN'T WANT TO BE THE MOST WONDERFUL PERSON IN THE
WORLD. THE IDEA WAS TO BECOME THAT PERSON, REGARDLESS.

DREAM: WHO ARE YOU DEEP INSIDE. THE FEELING OF RADIANCE AND
ABUNDANCE, AND LOVE, CARING AND KINDNESS ARE ALL POSSIBLE. THE
IDEA IDEA OF BEING FULLY YOU IS SO POSSIBLE.

THE WORK IS TO ACKNOWLEDGE YOU DON'T FEEL THAT WAY RIGHT
NOW. THEN CHOOSE TO ACT, BEHAVE AND MOVE TOWARD BEING THAT
PERSON YOU BELIEVE YOU REALLY ARE.

THAT IS YOUR WORK, YOUR FOCUS, AND YOUR TRANSFORMATION!

DEFINE YOUR MOST RADIANT SELF – WHO IS HIDDING ON THE INSIDE, MY REAL SELF, AND WHAT DOES HE/SHE RADIATE?

WHAT ARE THE DEEP YEARNINGS OF YOUR HEART?
