

## EXERCISES TO EXPAND YOUR VISION

1. Starting with a blank slate, imagine the future you want. What does success look like to you?

What do you do every day? Where do you live? How much do you earn? What contributions do you make in your industry? What problems do you solve? Get as specific as possible.

A word of caution: If I asked you to envision your dream house, you probably wouldn't start with your current house and just add an extra wing or two more bathrooms. You would start from scratch, creating everything exactly as you want it. In the same way, as you envision your future success, don't take your past building blocks with you unless they are truly a part of your ideal future. Start from scratch and create a vision for exactly what you want.

2. Take a snapshot of that future and record your vision in writing. Make the description as vivid and detailed as possible.
3. Spend a few minutes every day visualizing your future so that your mind can go to work believing it and then creating it.