

Corranda Andrews

VISION / INTENTION
SETTING

I N T R O D U C T I O N

Having a vision about **what you want to achieve, who you want to be** and **how you want to live** is what will ensure you live an extraordinary life..

When thinking about your vision, it must be as compelling as possible. The reason so many of us fail to achieve our vision, goals or resolutions is that they are often intellectual, created in our conscious logical mind. We are not emotionally connected to them at a deeper level within our subconscious mind.

Our subconscious mind takes in information through our senses with pictures, sounds, feelings, smells and taste. It's called our Representational System; we all have a preferred 'rep system' and they can change through time. Knowing what our rep system is will significantly increase our chances of achieving our vision.

The steps below will ensure you create a compelling vision that connects with both your conscious and subconscious mind.

I N S T R U C T I O N S

Step One - Establish your Rep System

If you haven't already, take a Rep Questionnaire to understand what your key representational systems are. There are lots online, alternatively reach out to me if you'd like a copy of the one I use with clients.

Step Two - Write your vision

- Start with: I know I have achieved my goal when [put a specific date, in about a year's time]
- Go on to describe specifically what you will see, hear and feel, pay particular attention to which of these senses are more important to you (from the rep questionnaire).

- Be specific eg rather than saying more money, say how much specifically, by when, how you know you will have it etc....
- State what you want in the positive eg rather than saying to lose weight, say what it looks like when you have lost weight.
- This is a visualisation of your success, it should not include any past tense. No 'I hope', 'I plan to', or 'I will'. Write it as if the accomplishments have already happened.
- Who are you with? How are you spending your time? How do you feel in your body and mind?
- Make the vision stretching!
- Sometimes it may be challenging to call to mind the details of what your desired vision looks like. That's ok and it's perfectly normal and probably because there's some internal conflict, this type of vision/intention setting is great at providing clarity and identifying where it might be. Just make a note about anything that is stopping you writing the vision/intention.
- Remember not to overthink this exercise, I would suggest writing for 45 - 60 minutes and then stop.

Over to you...

- Start dreaming. What do you want your life to look, sound and feel like in one year's time? The only limit will be your conscious mind, so it's a good idea to tap into your unconscious mind, perhaps through meditating, journaling, taking a walk or any other activity that moves you from logical thinking to your subconscious.
- You could consider areas such as Business, Relationships, Family, Health, Fitness, Recreation, Spirituality, Personal Growth.
- Then start writing, the idea is that you can see, hear and feel your vision, like it's a movie in your mind.

If you follow these steps you will be creating a compelling vision, that connects with you both logically and emotionally at a deeper level.

When you strip away the barriers and the 'yes, but's' and 'should's' you are getting closer to your true values and the vision for your future which will feel compelling.

You'll know you're on the right track when it begins to feel **exciting and energising**, rather than serious and logical.

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