The Vision Quest Exercise

“Vision is a heart-felt, purpose-driven expression of what you intend to create in the future by taking courageous, focused action today.”

Jane Deuber
Why Vision Crafting Matters

I have a question for you...

“If you could design your life and business to be exactly as you want it to be one year from now, what would it look like, how would it feel, and what would it hold for you?”

What’s exciting is, that when we ask this question and then make space for the answers to come through, magic happens.

Imagine for a moment what you want your life and business to be one year from now.

What will you stand for? How will you be contributing to the world? What work will you be doing? What impact will you be having on those around you? What will your day look like? With whom will you be working? How much will you be earning?

The answer to these questions, are the beginning clues to creating a compelling vision for your life and business one year from now. And that, my friend, is the first step to creating a plan to turn your vision into your reality.

In my 30 years of business-building, I’ve found that one of the smartest things I do is invest time in creating a clear, compelling vision of what I want to accomplish and who I want to be to turn my vision into my reality.

But many people (actually most), never take the time to do this. They tell themselves they are too busy or that it’s not important and another year slips by.

You are being called to step into the next evolution of who you are feeling called to be. Answer the call, give yourself permission to unearth your hearts desires, by following the steps I’m sharing below.

A life filled with more meaning, adventure, connection and fulfillment awaits!

To What’s Possible!

With Love,

Jane
Harness The Power of Vision

When you give yourself the gift of having a clear compelling vision, the steps you take to get there become more clear and meaningful.

Your vision...

- Engages your heart, mind and spirit, so you are inspired to keep going.
- Keeps you connected to your deepest desires, which inspires courageous action.
- Gives your everyday life significance and meaning.
- Is fun, invigorating and breathes new life into your journey.
- Allows you to tap into your unexpressed desires, which feels fantastic.
- Is an essential step to creating a plan to turn the vision into a reality.

Your vision is a compelling and soul-inspired written description of the life and business you want to live at a certain time in the future.

It’s a snapshot of something you want, so badly, that you are willing to move mountains, take risks and stay in motion to see it become your reality. Your vision is an expression of what you will manifest, in both your personal and professional life, in order to make the contribution you are here to make and have the quality of life you desire.

Since a vision takes time to see, develop and articulate, consider this to be a first pass at your new compelling business vision. If you’ve done vision work in the past, give yourself the gift of revisiting the process and trust that there is something more for you to see this time around. If this is your first time diving into vision at this level, welcome to the process! I promise it will fuel you with a new sense of commitment to take the steps you need to take to get there.
Your Four Dimensional Vision

As I’ve played with vision in my own life and businesses, I’ve seen a pattern emerge as to how one’s vision takes shape and becomes real.

First, the vision begins as a thought or a string of thoughts about what you desire for your life and business.

Then, it takes shape in the form of words – written or spoken – which gives meaning, clarity and depth to the vision you are holding in your mind and heart. The more detailed you are in the description of your vision, the more compelled you are to bring it to reality.

At the third level of creating your vision, you begin to form pictures. This can be done through simple visualization exercises, in your mind’s eye or actual physical pictures in the form of a vision board, vision book or electronic version of your vision.

Finally, we finish with perhaps the most unusual component – numbers! In this phase you use numbers to paint a picture of where the money will come from as you take your work to the world. In truth, an Excel spreadsheet is one of the most powerful manifestation tools we have at our disposal.

Now It’s Your Turn!

So how do you get your vision out of your head and onto paper? There are lots of ways to come at the process of clarifying your vision and which one you prefer depends on how you are wired... literally. Each of us has a preferred method of learning which influences our preference of exploration or communication. If you have never identified your learning preference, click here to access the “Know Your Style, Find Your Vision” handout. It will help you identify your learning style and offer creative ways to clarify the vision you are holding for your life and business.

Here’s a quick pass at some “Vision Crafting” processes.

1. Write it out on paper, in your journal or create a colorful mind map.
2. Feel it by checking in and noticing what you are drawn to and what your heart desires.
3. Picture it in your mind’s eye, by allowing yourself to “day dream” about the things you would love to call into your life.
4. **Gather it** by spotting things in your everyday life that feel resonant with what you want in your future business.

5. **Draw it** using colors, paints or crayons to express the color, energy and elements that you want it to include.

**Vision Crafting Tips**

Whether you have or have not traveled down the vision crafting path before, there is always something new for you to see. Below is my personal five-step process for creating a compelling written vision for my business. Take these steps and I promise you will enter each day with a greater sense of purpose, determination and courage to make the dream a reality.

**Tip #1: Make time in your life for vision crafting**

To create a compelling vision you’ve got to invest some time. Decide on a time in the next few days, when you will give yourself at least 30 minutes to explore your vision. If you can allow for longer in order to incorporate a few “creative” exploration such as creating a vision board, wonderful. The key is that you give yourself this time.

**Tip #2: Find a spot that fuels your spirit**

Find somewhere where you will not be interrupted. The more resonant you feel with your environment, the more you will be open to what’s possible for you. To inspire you to tap into what you want, create an inspiring and comfortable environment. Play beautiful music, light a candle, get comfy and pour yourself a cup of tea or a glass of wine.

If you can be in nature (or bring it into your environment) you will find it easier to connect to your dreams and desires. My favorite place to do vision work is near water.

For this work, as well as any journaling you will be doing, find a journal or notebook that you love. This is important, sacred work you will be doing so select an inspiring place to put it. From the cover to the feel of the paper – chose something you are drawn to.

**Tip #3: Be on the lookout for the Inner Critic**

As you dive into your vision crafting exercise, I invite you to take note of what negative self-talk comes up in the process. When you are aware of the negative voices, you have the ability to turn down the volume so it doesn’t keep you from seeing and proclaiming what you truly want.
Some of the messages might be...

- Who are you to want that?
- You’ll never be able to do that.
- You don’t know how to do that, so why try?
- You didn’t do that before, so why would this time be different?
- If you write it down and it doesn’t happen you will have failed.

I know... it’s uncomfortable to see these written out. But the truth is, when you recognize the voice, you have the power to reduce its ability to keep you from going for what you want. When you recognize that the role of the inner critic is to keep you safe and comfortable, you have a new view of the negative self-talk and can make an empowered choice to not let it stop you.

**Tip #4: Go on a hunt for what you want**

In this step we simply want to do a “brain dump” of the things you want to have in your life and business one year from now. We do this by answering a series of questions as quickly and as intuitively as we can.

**Tip #5: Do An Audit of Your Life**

To get your vision-crafting mojo going, it’s often helpful to take an eagle’s eye view of the many areas of your life. To help you along, consider the four realms and the 8 elements that make up a rich and meaningful life. By considering where you are now in each area of your life and where you want to be one year from now, you’ll begin to feel more comfortable envisioning what’s possible.

**Tip #6: Align Your Vision With Your Values**

Before we dive into the writing of a compelling vision for your life and business, it’s important to take stock of what’s important to you at this stage of your life and get clear about what matters most to you. If your vision is not aligned with those things that bring you happiness and a sense of wellbeing, this process won’t light you up.
Let the Exploration Begin!

By answering these vision crafting questions below, begin to gather the pieces of what you want your business to look like 1 year from now. By writing down the details in short phases and words and NOT worrying about how they all fit together, you will begin to see clues to where you want to put your focus.

One year from now...
1. What achievements are you most proud of?
2. Who are your clients and why do you enjoy working with them?
3. What is your work environment like?
4. How much are you earning (net profit) each month?
5. Where does the money come from? (What are your favorite revenue streams?)
6. When you receive a thank you note or email from a client, what are the differences you made in their lives?
7. What accolades or special award have you received?
8. What support team do you have in place?
9. What products and programs are people purchasing from you?
10. What are you doing that you absolutely love and want more of?
11. What are your favorite 3 things you do each day?
12. What mentors and coaches are you working with?
13. What do you do to grow personally?
14. What campaign or product launch was the most successful over the year?
15. How do new leads come into your courting funnel?
It’s Time To Write Out Your 1 Year Vision

It’s important to take one more step in your vision crafting process and that is to take the insights you gained from the Rearview Mirror Exercise and the clarity you gained from answering the questions above and turn them into a compelling written vision that will serve as the beacon for the year ahead.

At the top of a page in your journal write the following sentence:

“Today is December 31, 2018 and I am feeling… (write something juicy here).

Below that, in paragraph form, describe the state of your business, as you imagine it to be one year from now. Write it in the present tense as if you are celebrating with a loved one and toasting the tremendous year you just lived.

As you look back over 2018, imagine what you would be celebrating if you lived your best year yet. Write out not only what was accomplished but also describe how you feel, how you’ve grown and what you learned along the way.

For example, you might write… “I can’t believe how incredible this last year has been. As I look back over the past year I see so many things I am grateful for and proud of having accomplished.”

Then, one by one, move through each category of business write about your accomplishments as they have already occurred. As you do this, ask your inner critic to take a back seat as you craft a vision for the life and business you want to live. This will allow you to stand in a place of possibility and hope rather than lack and fear.

Above all, be kind to yourself and take on the role of being an advocate for your vision.
Congratulations!

As I bring this Vision Quest exercise to a close, I want to acknowledge you for taking this powerful step to create a clear, compelling vision to guide you as you take steps to grow your business.

By taking these steps your will have a meaningful expression of the vision you are holding for your life and business one year from now. But let’s not stop here! This is only the first step to my Purposeful Planning process that will take your business to the next level.

Turning your vision into a step-by-step plan is what’s next for you and one of my favorite ways to support visionary entrepreneurs like you. From our Accelerated Business Breakthrough Experience to our private mentoring packages, we have a myriad of ways to support you to take your business to the next level.

To explore what could be next, I invite you to schedule a Business Acceleration Session with one of my coaches. It’s a chance to take a look at where you are today, envision what’s possible and then look to see how we might help you turn your vision into your reality.

While we typically charge $197 for these sessions, I am waiving the fee and hooking you up as my gift to you. ;)

Click here to schedule a Business Acceleration Session to explore next steps.

For the last 30 years I’ve helped thousands of entrepreneurs take their business to the next level and I’m here to support you to do the same.

Schedule your Business Acceleration Session and let the exploration begin!

To what’s possible,

Jane Deuber
Founder of Global Experts Accelerator
Creator of Smart Biz Quiz

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