



ENVISION YOUR PURPOSE

CENTRAL OFFICE STAFF MEETING

JANUARY 10, 2019

WHAT IS A VISION?



- Definition of Vision - the ability to think about or plan the future with imagination or wisdom.
- Vision Board - Visual tools that are daily reminders of our intentions

DREAMS VS. GOALS

DREAM	GOAL
Dream - Contemplate the possibility of doing something or that something might be the case.	Goal - The object of a person's ambition or effort; an aim or desired result
Don't come true; they are imaginary and do not produce tangible results.	Goals can change your life forever. Set goals to turn your dreams into reality.
Dreams go on forever.	Goals require action and have deadlines
Dreams are free	Goals take time, money, effort, and sweat.
Dreams can inspire you and be ever changing and it is easy to dream	Goals can change your life. Goals need to be specific and always on your mind. Goals require hard work.



THINKING POSITIVELY

Before you start your Vision Board:

- Think positive thoughts and focus on positive energy
- Think about your vision and goals for 2019 or beyond
- Think about:
 - ✓ Your values
 - ✓ Career goals
 - ✓ Family life
 - ✓ Love life
 - ✓ Health & Wellness
 - ✓ How you spend your free time
 - ✓ What you want to learn or grow into

HOW TO SUCCESSFULLY CREATE A VISION BOARD

(V)isualize your goal(s) in your mind – what do you see for year 2019, 2020, five years from now?

More money, extra week of vacation, dream big, don't limit yourself. This is about what you really want; not what you think you deserve!

(I)magine your success when you reach your goal(s).

Achievement, relief, satisfaction?

(S)et your timeline.

Determine when you want a specific goal completed – six months, one year, three years?

(I)dentify your unique individuality.

Whatever you do, make sure what you do stands out above everyone else! Think about it and you will find the individual quality you possess.

(O)wn your individual strengths and be proud of them – go for it!

Once your individual strengths are identified – go for it! Own them and be proud!

(N)o negativity – optimism only.

There's enough negativity in the world. Think positive. It's hard. We'll fall back some days, but your Vision Board will help. If you use it every day and focus on one word or phrase, you'll be amazed at the results!