

## **Capturing the Vision**

Visioning is a powerful and unusual way for us to access our desires. Often many things arise that we didn't expect. Let's get a snapshot of some of the details of your visioning here so that we can translate that vision into a crystal-clear plan for bringing your Brazen Vision to life.

After completing your Life Visualization, answer the following questions.

*As you recall your visualization in detail to answer these questions, allow yourself to expand on those details right now, in this moment, adding elements that feel right to you that may not have shown up during the visualization.*

### **Your environment**

What did your bedroom look like? (Describe the lighting as well as the objects in the room)

Describe the furniture:

What colors did you see in your bedroom (and throughout the house, if you had visions in other rooms):

What was out your window? (describe lighting, colors and the scene)

Did you see your office clearly in your visualization? If so, describe it (lighting and objects)

### **Your Relationships**

Who was in your bedroom with you when you woke (don't be concerned if no one was there – that is common and is not necessarily any indication of your attachment to a current partner!)

Who did you see throughout the day and what did you do with them?

Who did you meet with in your work?

Did you have partners, employees or other colleagues in your office?

**Your Work**

What were you doing throughout your day? Name the specific tasks with as many details as you can.

What other tasks were being handled by others in your business, if any? Were they employees, partners, freelancers, other affiliates...?

## The You Interview

While visualization is a powerful method of inquiry and exploration, sometimes we need more than a visualization exercise to get clear on our Brazen Vision. Some of us work better with images and others of us understand ourselves better through speaking or language. If speaking works better for you or you simply want another avenue to access your internal wisdom, try this exercise:

### *The You Interview*

The You Interview is a role play, where you are both the interviewer and the interviewee. You ask yourself questions that are relevant to the issue you are grappling and simply hand over the floor – to yourself – and listen for the answers. It is extraordinarily powerful and one of the most direct ways I know of to access your internal wisdom. Try it – you’ll see.

Here’s how:

1. **Get somewhere private, where talking out loud to yourself will not cause you discomfort or distraction.** If this is your first time having a full blown conversation with yourself out loud, you may be distracted even if you do find complete privacy. That’s okay. Just keep talking. You’ll get more comfortable as you feel the benefits of this exercise.
2. **Embody a high-profile interviewer.** Whether you prefer Charlie Rose, Barbara Walters or Oprah doesn’t matter, just pretend you are that person and you have invited this accomplished person onto your show to share with the world their process for arriving at such success.
3. **Ask your interviewee the questions to which you most want to know the answers.** Sometimes it helps to have the questions written out ahead of time. See what works best for you as you try the exercise. For sample You Interview questions, see [appendix area?]
4. **Switch roles and embody yourself in the future, having arrived at the place you are wanting to arrive someday.** Don’t worry if you don’t know exactly what that life looks like as you begin that life because you can always ask yourself the question “So, [your name here], tell us what life is like for you right now.” In answering this question, you will tell yourself what you wish to build for your life.
5. **Listen to your answers!** You will be amazed at the wisdom you have within you. There is a certainty and clarity that comes when you ask the wiser, more experienced version of yourself what you want.

6. **As soon as you can, capture your desires for future use.** Write down the goals your future self achieved that you now know you want to begin working on. You can also use a portable recording device during the interview to listen to and take notes from later.

The You Interview gets better and better the more often you do it. It works in any domain of your life (personal wishes, parenting choices, health decisions). Use it often.

## **Your Brazen Vision Statement**

Your Life Visualization Images and the questions and answers in your You Interview are direct representations of your dreams. They are a snapshot of what you want to create in your life. As you know, most dreams come to life by setting goals then committing to a series of specific actions in the direction of those goals. Let's explore the details of your Life Visualization and/or You Interview then distill the details into the goals that will put you on the road to realizing your Brazen Vision!

### **Vision Details Exploration**

#### ***Economics***

When you look over your answers to the questions about your material surroundings, how much income do you estimate that you need to create those surroundings and own those items? <sup>1</sup>

Consider the activities you pictured doing (or would add to your vision now) and the cost associated with those. How does that effect your financial requirements for creating this wonderful life you imagined in our visioning meditation?

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<sup>1</sup> If it helps, come up with a quality & quantity measure for the items you envision in your life, such as "very high-end though sparse in numbers" or "abundant but sourced from second-hand sources with a conscious attention to simplicity and sustainable living"

Based on these observations on your material and experiential visions for your life, how much income do you want to make in your business?<sup>2</sup>

### ***Work-life***

How much do you imagine working? In your visioning, did you work a full day – or even a full day and then some? Or, did you cut out mid-day to play tennis or volunteer at your son’s school?

How many hours a week do you work in your vision for your life five years from now?

How many weeks a year do you work?

Do you work remotely? Do you have a home office? A full-time office elsewhere? Some combination of home and away? Say more about your work-space flexibility.

### ***Personal Life Indicators***

Do you exercise or engage in hobbies in your vision? Details, please.

Where does time with your family (spouse and children – and other family members that play a meaningful and regular role in your life) fit into your schedule? What kinds of activities do you want to engage in with them?

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<sup>2</sup> If you have difficulty estimating the amount of money it would take to finance your big vision, or simply want a more precise number, you can purchase an awesome tool from one of our affiliates to help you calculate that more accurately. Go to [www.thebrazensoul.com/lifestylecalculator](http://www.thebrazensoul.com/lifestylecalculator) to check it out.

When do you see friends? Where and how?

What do you do for “personal time”? How often

How much do you mix family, personal and work life? Please write a sentence (or two, max) that sums up the interaction of your work, personal and family life.

## **Extracting Your *Life Vision Statement***

After answering the questions above you should have a pretty clear picture of the financial and experiential vision you are building. Look over your answers and notice **driving themes**. Do you plan to have tons of flexibility so that you can exercise midday and also be an active part of your children's school lives? Do you aspire to work very hard during the day so that you can totally shut off your work mode at night? Are you surrounded by partners and employees in your vision, indicating that you plan to build a large company?

Let's take ahold of the details of your vision and articulate them into one Brazen Vision Statement so that you have a very clear beginning road map for your business (and your life.)

In case it helps you, here are some examples of Brazen Visions:

***To weave work, home and personal seamlessly throughout my days. To build a thriving coaching practice that allows me to meet with clients evenings and weekends as well as engage in social activities and hobbies during weekdays.***

***To build a software development empire, setting the industry standard for employee culture and productivity. To begin my days before dawn, work passionately until my kids are home from school then lock the door to my office until the next day.***

***To become the leading expert in my area of the mental health field, speaking and writing prolifically. To build an active private practice that reaches far beyond the boundaries of my locale through telephone and internet technology. To be a loving and present father to my kids, available for their school activities and abundant family time on weekends.***

Now, take a look over your answers to the Vision Details Exploration above, state your own **Brazen Vision** here: