

VISION

FOR YOUR LIFE

Achieve Your Goals with a Clear Vision



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YOUR VISION

Your Vision for your life is fulfilled by the outcomes. Your outcomes, in turn, will tell if you achieved your vision. Of course, with your vision and the goals you set to achieve that vision, you must set deadlines. Without deadlines, you have no way of determining whether you're on track to what you visualize for yourself.



What is your vision?

Since you're reading this book, you're likely an entrepreneur.

An entrepreneur is generally a high achiever. This in no way implies that someone cannot be a high achiever if they're not an entrepreneur.

The Closed Eye Ideal Picture

Close your eyes and visualize or paint a picture with your mind's eye of your ideal life. What does it look like? What does it feel like? Who are the key figures in your life? Expand your thinking beyond your business.

How are your relationships with your spouse? Your children? Your parents? Your friends?

Don't stop there. How about your health and fitness? Are you in peak health? Are there things you have changed or want to change? How will you make those changes? Who is supporting you in making those changes?

How are you contributing to the world? Are you contributing to Causes that are near and dear to your heart? Are you involved in personal good works like helping others with Bible education, helping others read better or supporting families who may be struggling in one way of the other?

The purpose of this exercise is to get you to become closely in tune with what your true vision is in ALL areas of life. This will help you get very clear on your WHY.

YOUR WHY



Your WHY is your big intrinsic motivator. It is the factor that will cause you to stay up late at nights working on a project then jumping out of bed the next morning to complete it. Knowing your WHY will give you a deep sense of fulfillment.

Because of the clarity in the vision you set for yourself, you're willing to do what it takes to achieve it. You will be able to solidify it in your mind so that when challenges arise, you can immediately 'see' your vision and push through to its achievement.

So now that you've visualized your ideal picture – what you want in all areas of life, and you've determined your WHY, there's one more area I'll encourage you to consider.

When people create case studies on businesses, they often include a SWOT analysis. SWOT is an acronym for Strengths, Weaknesses, Opportunities, and Threats. If you can do this for business, why not consider doing one for yourself? It can help you gain insight into yourself and reinforce the idea of believing in yourself.

It will contribute significantly to your vision. Why would a SWOT Analysis influence your vision?

The concept of SWOT is usually diagrammed in quadrants or squares, representing each of the words of the acronym. It's up to you as to which squares to place each of the words. By convention, the upper-left square is for Strengths, while the lower-left square is for Opportunities. The upper-right square is for Weaknesses, and the lower-right square is for Threats.

Fill up each quadrant with appropriate items relating to the heading of the quadrant. To take this a step further, ask family and friends to help you fill-up the quadrants. After you have them all filled, you can evaluate them to see what needs improvement.

Consider Doing a SWOT Analysis on Yourself.

Don't let the negative aspects (**Weaknesses, Threats**) trip you up when creating your analysis. You are listing them to gain perspective in areas that you need to focus on. In fact, some weaknesses you may not want to tackle because it doesn't interest you. Threats are merely items to be aware of and may help you try to overcome them.

The key to success is to be as honest as possible with yourself about all the items included in the analysis. If you aren't, it isn't going to help you very much, and you may focus on the wrong items to improve. Further, you may not be as strong in some areas as you believed, which can lead you on the wrong path as well.

A representative SWOT analysis will give you a great foundation for your life, both personally and professionally. You can use it as a tool to advance your goals. You will learn about yourself and who you are.

Don't rush this process. You want it to be as representative of yourself as possible. It's better to take several days or even weeks than to try to list items for the sake of filling up the quadrants.

Napoleon Hill said that where you focus your energy, results are going to follow.

This means that by doing this analysis, you will identify more clearly what your strengths are, and what you will most likely take action on. At the same time, your weaknesses may be outsourced or you may get help to ramp up those areas that you're not as strong in.

YOUR OUTCOMES

Major Goals and Projects

Your outcomes are the physical manifestation of your clear vision. This generally involves major goals and projects. When you complete them, you can say your vision is a reality.

These outcomes are generally long-term goals that you're working toward fulfilling.

One of the ways that you can enhance your ability to achieve the outcomes you desire is by visualization.

Visualization can help you achieve your goals.

“Whatever the mind of a man can conceive and believe, it can achieve.” ~ Napoleon Hill ~

The popularity and visibility of visualization began in the 1960s with Russian Olympians. However, more and more people outside of sports disciplines have come to realize that these concepts and techniques could be applied outside of sports and applied to business, school, or anything else that a person wants to increase his or her success in.

Visualization may sound exotic or difficult. In reality, it is just the **process of using your mind's eye to “see” yourself performing something successfully** or envisioning the desired outcome prior to it actually happening. In some circles, it is often referred to as positive mental imagery.

Types of visualization

Although there are several types of visualization techniques, the two that are generally implemented the most are *outcome-based* visualization and *process-oriented* visualization.

The *outcome-based* involves picturing yourself in the winner's circle or enjoying the fruits of your labor. An example of this could be printing out a picture of your dream home and seeing yourself in there enjoying it with your family.

The *process-oriented* technique is more practice or rehearsal of the steps one by one in your mind. An example is a figure skater reviewing his or her jumps right before the performance. Both can be equally effective.

The outcome-based technique does not have to involve total concentration and could be a vision board, a printout of your income goals on your desk, or even index cards that you review daily. You can really be creative with this technique. For either technique, drilling down to the tiniest detail will be more effective as it will seem more realistic and also be more memorable.

Modern research seeks to affirm what others have known for quite some time that visualization really works. The science behind visualization is that our brain makes little distinction between imagining the performance and actually doing the performance. Advances in brain scan technologies have confirmed this by measuring brain activity on the *functional MRI*.

Although it is not a substitute for hard work, visualization can definitely be an additional tool that can be used in goal achievement. A huge benefit is the very little resources are needed. You only need a quiet, comfortable place and plenty of focus. You can often see athletes, speech givers, and many others using visualization just prior to a big performance.

What outcomes would you want to visualize for yourself?



What are the Effects and Benefits of Visualization?

According to Jack Canfield, Personal Development Coach and author of *Chicken Soup for the Soul*, utilizing visualization does the following three important things:

- **It activates your creative subconscious.** This is important because about 95% of your thinking is on a subconscious level. This can help to eliminate some of the negative thoughts by seeing yourself achieving success and the outcomes you truly desire.
- **It programs your brain.** Although the old saying is “you can’t teach an old dog new tricks,” we now know that new neural pathways can be made and there can be increased strength between formerly weaker connections in the brain.
- **It builds internal motivation.** While there are several types of motivations, both internal and external, we all want to succeed in our endeavors. Seeing success over and over or “seeing” the winning outcome can help to cement the desire to win internally.
- **Visualization can be an important goal achievement tool in your arsenal.** While many associate visualization with sports, it can be applied to a plethora of activities.
- **Outcome-based visualization techniques can be as simple as reminders placed in highly visible places so thoughts and goals consistently stay on top of the mind.** The visualization should be as detailed as possible all the way down to minor details such as clothing, location, who you’re with and so on. The more detailed the scenes, the more real it will seem.

Imagine that you want to transform your body and bring it to peak physical condition. That is not going to happen overnight. It may involve changing the way you eat, increasing your level of exercise, etc.

Visualize yourself as having achieved it and take the necessary steps to achieve that outcome.

When that outcome is achieved, you and others around you can see that you have achieved your vision. It’s now a reality.

CREATING DEADLINES WITH S.M.A.R.T GOALS

In order to arrive at the deadlines you set to achieve your vision, you must commit to engaging in short-term activities on a consistent basis.

One of the most effective tools to achieve your goals is the S.M.A.R.T Goals System.

S.M.A.R.T Goals

While people have been setting goals for ages, SMART goals take it a step further and try to keep us on the right track with setting the *right types* of goals. For example, to say, "I want to lose weight" sounds like a goal to some but further examination reveals this as a wishful statement. Now let's try it again in a more effective manner. "I will lose 10 pounds in the next 8 weeks through walking at least one mile a day, cutting my daily caloric intake to 1700, and drinking a half a gallon of water per day." There is a big difference between the first statement and the second. The latter statement contains the elements of a SMART goal which are as follows:

- **Specific** – Identifies what is it exactly that you want? Your outcome
- **Measurable** – There must be a way to measure the desired progress, if not how do you know when you arrive at your destination?
- **Achievable** – Your goals should make you stretch but should not be so far-fetched that they're impossible to achieve.
- **Realistic** – I am deciding today to run a marathon next week....might be pushing it a little. Do you have the ability to achieve the goal on your own, or will you need help from others?
- **Timely** – Someday I will....we all know how this story goes. If there is no deadline or parameters of time, we often never get around to it. Setting a deadline Increases the likelihood of achieving the goals you set.

Okay. So now you know how to set goals, that's the easy part.

When things go awry, as they will, what can you do get the train back on the track? Here a few tips:

- **Believe in yourself** – You have to first believe in yourself and your ability to achieve the outcomes. This belief has to come from within you, not from any external stimulus.
- **Visualize** - See yourself finishing the race, see that brand new body, and see yourself holding the club championship trophy. If your mind's eye can create the image, you are ready to give it your all. You can even do a vision board or cut magazine photos of the new Lamborghini. Not your dream? Not mine either.
- **Know your purpose** – Simon Sinek, the great marketing author might say “know your why”. What is your motive behind the goal? Do you want to live longer to see your grandkids grow up? You want to ditch the 9 to 5 for greener pastures and one less irritating boss? Your motives can keep help you keep the eye on the prize.
- **Write it down!** - This is a no-brainer, there are so many studies that say your chances of succeeding jump when you do this and there is not a lot of effort involved. In fact, it has been said, ‘A goal is just a dream if you fail to write it down. **Pro-tip:** Post where you can see every day.
- **Stay focused** – Everyone fails or falls off the wagon now and then. Don't let that be the end of the story or you will be just like everyone else. Keep getting up, dusting yourself off, and keep moving forward.
- **Have accountability** – Get a workout partner so you can be accountable to one another and enjoy the camaraderie. Get a coach or mentor to help keep you on track. Even gurus have coaches. Set deadlines and keep them.
- **Review** – Review your goals regularly to make sure you are still on track or if anything has changed organically forcing a change of the original plans. It happens all the time so do not fall behind because you did not stay on top of it.



CONCLUSION

The truth is if you have goals at all, you are actually ahead of many. Most people do not even bother attempting to design theirs in any way. They have a fatalistic view of life and feel that whatever happens will happen and that they are like a leaf in the wind. We have much more control than that. Take some time to think about what you would really like out of your life and write it down.

Develop a plan to attack and be ready to persist through some mistakes and failures. Those mistakes prepare you for future success. You do not have to know how to do everything in the beginning, but you must take action on the next step to make sure you achieve your goals based on the clear vision you visualized for your life.

Action Steps:

- Write down your goals and place them in a location where you'll see them daily.
- Make a plan to achieve them and incorporate SMART goals.
- Break them down into smaller pieces if necessary.
- Persist through letdowns and refine the plans as needed.
- Take action. You don't have to know it all at first. Just take the next step and the next.
- If you're a more visual person, create a vision board that has your ideal location, clothing, vehicle, and more...
- Index cards with goal reminders can provide daily reminders. Do not be afraid to use them as they can support you in achieving your goals and your vision.

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Are you a woman 50 and Wiser? If so, please request to join my Facebook Community at <https://www.facebook.com/groups/50andWiserCommunity>

RESOURCES & SERVICES I USE IN MY BUSINESS

- Autoresponder Service/Email Marketing: Aweber
- Hosting and Domain Names: Namecheap.com
- Enhanced Book Formatting: [WebPM.pro](https://www.webpm.pro)
- Zoom.us (Webinar Hosting): Zoom



ABOUT THE AUTHOR

Yvonne A Jones is a Personal Business Coach/Mentor to Coaches/Relationship Marketing Strategist who works with highly motivated entrepreneurs and professionals 50 and Wiser, who are frustrated with their results. She helps them eliminate limiting beliefs so they feel motivated, inspired, and empowered to create a business they love and have FUN doing so

She also consults and mentors other coaches to help them attract clients whom they delight to work with.

Yvonne has been coached by some of the best coaches online, and she wants you to experience the power of coaching to achieve your vision and goals. Each month she carves out five hours for complimentary 1:1 coaching sessions where she focuses on your goals for one hour.

If you'd like to claim a "Double Your Results" Coaching Session, send an email to: Yvonne@YvonneAJones.com and let her know you'd like to secure your spot.

Claim your copy of "Fifty and Wiser: 5 Common Reasons Passion to Profit Business Fail and What to Do Instead" at <https://50andwisercoaching.com/commonreasons.html>

You may also claim your copy of "Relationship Marketing: Key to Small Business Success" at <https://50andwisercoaching.com/smallbizsuccess/>



THANK YOU

I Welcome Your Feedback

Feel free to get in touch with me for any
feedback or questions.

