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BUILD A SMART BRAND WITH STYLE

ONE YEAR LIFE VISION

It's the time of year when many feel inclined to make their resolutions for the New Year. I'm not a big fan of writing out a long list of resolutions on December 31st, only to feel deflated by the end of January when most of them have fallen victim to more pressing matters.

I have, however, found that having a life vision is what propels me forward and serves as a constant reminder of what I want my life to look like. I have also found that success and personal fulfillment come from living and working in harmony with my purpose in life.

If you haven't done it already, spend some time thinking about what you want your life to look like a year from now. Write it out as a simple visualization dated December 31, 2015. It should be in the present tense, as if it is happening right now (or happened in the past). The more descriptive the better – how do you FEEL one year from today? Ask yourself the following questions:

- **Where do you want to be exactly one year from today?**
- **What adventures have you experienced?**
- **Who are your co-pilots?**
- **What passions have you pursued?**
- **What have you accomplished?**
- **What are the most important goals you have achieved in one year's time?**
- **What does success feel like?**
- **What is your dream scenario?**

Remember, no dream is too big or outrageous. Give yourself permission to envision exactly what it is that you really want – even if it feels a little scary or even impossible. Nothing is impossible. But you have to set the intention first, and then believe that it can happen.

Writing out a life vision puts your dreams and desires down into concrete terms. An old proverb says, "If you don't know where you're going, any road will take you there." Every flight needs a flight plan and a destination.

Just make sure you use the present and past tenses, as if it has already happened, or is currently happening. For example:

"I would like to earn $150,000.00 in 2015" becomes, *"I created two new programs for my business that generated $75,000.00, and my private, one-on-one consulting sessions produced another $75,000.00 in income. I feel energized and fulfilled, like I could take on the world! I am completely in control of my finances and am in the process of creating new programs that will double my income in 2016!."*

Now it's your turn. Look at all areas of your life: health, family, friends, money, career, spirituality etc. What has occurred by December 31, 2015? Write it here: