

Let Your Vision Be Your Guide

Purpose:

This interactive workshop will guide you to set a course for a life u love. You will explore your life's vision, mission, purpose, passions and values. You will touch your Essence, the *thing* that makes you you, the thing that the world needs most for you to be. You will learn about goals, how to set them and how to achieve them. And most importantly, you will complete the workshop with a greater sense of who you are meant to be in this world and with confidence in your ability to be you!

Course Outline:

Day One:

I. Introductions

When I grow up...

II. What is VMP

Define: Vision, Mission, Purpose, Goals
Find Your Essence

III. Passion/Values

Find your Passion
What matters most to you

IV. Vision Collage

Future Self Now

Day Two:

V. Vision (will start on day one with exploration fieldwork in prep for day two)

Creating a vision

VI. Goals/Plan

Understanding Goals
Understanding Plans

VII. How Do I Know and How do I Get Support?

Trusting yourself and how you know
Engaging others in your plan: Getting Support

VIII. Questions, Comments, Conclusions, Clarifications

If you could be or do anything, who would you be and what would you do?

What do you want to be when you grow up? _____

How do you want others to talk about you when you're not in the room? _____

What is (My) Vision? Mission? Purpose?

Vision:
(The What/View)

What you see as possible for others, the world.

“My vision is a “Fun & Easy” world where people are able to spend their lives fully knowing and expressing their magnificence.

Mission:
(The How)

What you are here to do.

Your specific actions, tasks, or goals to realize your vision and purpose.

What you are going to do to make the vision happen.

“My mission is to inspire and cultivate magnificence, grace and ease in people who want a life they love.”

Purpose:
(The Why)

Why you are here.

What you are here to be.

How you are going to be in order to further that possibility.

“My purpose is to be a demonstration of Living Magnificence in order to effect the maximum evolution of ALL Beings, everywhere, all-ways.”

Let’s Get Started... Find your Essence ...

I am _____!

I am important because the world needs what I bring: _____

Name your Passion(s) ...

1. What most excites you in or about the world? _____

What most angers you in or about the world? _____

If you could teach three things to others about what excites, what three things would you teach? What is most important for the world to know about this?

1. _____

2. _____

3. _____

If you could convey to others three things about what angers you in the world, what would you convey? What is most important for the world to know about this?

1. _____

2. _____

3. _____

How can you use what most excites you to affect or change what most angers you? List at least ten ways.

1. _____

6. _____

2. _____

7. _____

3. _____

8. _____

4. _____

9. _____

5. _____

10. _____

Session I Homework

Vision Exercise:

Who is living the life you most want? _____

Describe what you think it is like to be him or her. _____

Who is doing the kind of work you most wish you could be doing? _____

What kind of relationships do you want? With friends, family, boyfriend, teachers, boss, employees, neighbors...
