

# CREATE YOUR VISION

*The Success Principles*, by Jack Canfield

## 1. Make an “I Want” List (pg 28)

- a. Get out 3 sheets of paper
- b. Write the following at the top of each different sheet:
  - i. 30 Things I want to DO
  - ii. 30 Things I want to HAVE
  - iii. 30 Things I want to BE
- c. Set the timer for 15 minutes.
- d. Write everything you can think of and keep going back and adding more until times' up.

## 2. Clarify Your Vision of Your Ideal Life (pg 29)

- a. Get out 7 sheets of paper
- b. Write the following at the top of each different sheet:
  - i. Work and Careers
  - ii. Finances
  - iii. Recreation and free time
  - iv. Health and fitness
  - v. Relationships
  - vi. Personal Goals
  - vii. Contribution to Community/World
- c. Spend focused time on each sheet, writing down *what* you want in each of these areas of your life.
  - i. It's not necessary to even think about the *how*. Just get clear about the *outcome* you want.
  - ii. There are *no limits*. Imagine *anything* is possible.
- d. These are your goals.

3. **Create affirmations that align your thoughts, emotions and intent to act:** (pg 75-78)

- a. Take each of the visions/goals you listed in Step 2 and create a statement that helps you visualize what you want to create so that when you read it you can imagine yourself *already having it* or moving towards it. Include as many senses as you can so the vision seems real. What do you see? Hear? Feel? Smell?
- b. Go back and edit each statement according to these 9 guidelines:
  - i. **Start with the words *I am*.** These are *the* most powerful words in the universe. The subconscious interprets all “I am” statements as commands — a directive to make it happen. (So be careful what you say! “I am sick and tired of this!”)
  - ii. **Use the present tense.** Describe what you want as though you already have it, as though it is already accomplished.
    - (1) *Wrong:* I am going to get a new blue Toyota Prius.
    - (2) *Right:* I am enjoying driving my new blue Toyota Prius.
  - iii. **State it in the positive. Affirm what you want, not what you don't want.** The unconscious does not hear negative words like “don’t” and “no.” Also, the unconscious thinks in pictures. This means that the statement "Don't slam the door" is heard as "Slam the door." The phrase "I am no longer afraid of flying" evokes an image of being afraid of flying, while the phrase "I am enjoying the thrill of flying" evokes an image of enjoyment.
  - iv. **Keep it brief.** Think of your affirmation as an advertising jingle. The subconscious loves rhythm and rhymes. Act as if each word costs \$1,000. It needs to be short and memorable enough to be easily remembered.
  - v. **Make it specific.** Vague affirmations produce vague results.
    - (1) *Wrong:* I am driving my new blue Toyota Prius.
    - (2) *Right:* I am driving my new blue Toyota Prius.
  - vi. **Include an action word ending with *-ing*.** The active verb adds power to the effect by evoking an image of doing it right now.
    - (1) *Wrong:* I express myself openly and honestly.
    - (2) *Right:* I am confidently expressing myself openly and honestly.
  - vii. **Include at least one dynamic emotion or feeling word.** Include the emotional state you would be feeling if you had already achieved the goal. Some commonly used words are *enjoying, joyfully, happily, celebrating, proudly, calmly, peacefully, delighted, enthusiastic, lovingly, secure, serenely, and triumphant*.
    - (1) *Wrong:* I am maintaining my perfect body weight of 178 pounds.
    - (2) *Right:* I am feeling agile and great at 178!

- viii. **Make affirmations for yourself, not others.** When you are constructing your affirmations, make them describe *your* behavior, not the behavior of others.
- (1) *Wrong:* I am watching Johnny clean up his room.
  - (2) *Right:* I am effectively communicating my needs and desires to Johnny.
- ix. **Add or something better.** When you are affirming getting a specific situation (job, opportunity, vacation), material object (house, car, boat), or relationship (husband, wife, child), always add the words "or something (someone) better." Sometimes our criteria for what we want come from our ego or from our limited experience. Sometimes there is someone or something better that is available for us, so let your affirmations include this phrase when it is appropriate.
- (1) *Example:* I am enjoying living in my beautiful beachfront villa on Maui or somewhere better.

## HOW TO USE AFFIRMATIONS AND VISUALIZATION

1. Review your affirmations one to three times a day. The best times are first thing in the morning, in the middle of the day to refocus yourself, and around bedtime.
2. If appropriate, read each affirmation out loud.
3. Close your eyes and visualize yourself as the affirmation describes. See it as if you were looking out at the scene from inside of yourself. In other words, don't see yourself standing out there in the scene; see the scene as if you were actually living it.
4. Hear any sounds you might hear when you successfully achieve what your affirmation describes—the sound of the surf, the roar of the crowd, the playing of the national anthem. Include other important people in your life congratulating you and telling you how pleased they are with your success.
5. Feel the feelings that you will feel when you achieve that success. The stronger the feelings, the more powerful the process. (If you have difficulty creating the feelings, you can affirm "I am enjoying easily creating powerful feelings in my effective work with affirmations.")
6. Say your affirmation again, and then repeat this process with the next affirmation.

## OTHER WAYS TO USE AFFIRMATIONS

1. Post 3" x 5" cards with your affirmations around your home.
2. Hang pictures of the things you want around your house or your room. You can put a picture of yourself in the picture.
3. Repeat your affirmations during "wasted time" such as waiting in line, exercising, and driving. You can repeat them silently or out loud.

4. Record your affirmations and listen to them while you work, drive, or fall asleep. You can use endless loop tapes, an MP3 player, or an iPod.
5. Have one of your parents record a tape of encouraging things you would like to have heard from them or words of encouragement and permission you would currently like to hear.
6. Repeat your affirmations in the first person ("I am . . ."), second person ("You are . . ."), and third person ("He/she is . . .").
7. Put your affirmations on your screen saver on your computer, so you'll see them every time you use your computer.

## **(RE)WRITE YOUR NEW “STORY”**

The mind doesn't know the difference between a real and imagined event. Therefore, when you visualize or imagine what it would be like to have already achieved your goals, the subconscious actually experiences that vision as though it is real.

When the vision of your subconscious mind differs from what you consciously visualizing and what you currently have, the subconscious mind tries to resolve this conflict by turning your current reality into the new, more exciting vision. (page 82)

Over time, three things happen:

1. It programs your brain to start letting into your awareness anything that will help you achieve your goals.
2. It activates your subconscious mind to create solutions for getting the goals you want — the *hows*. You'll start waking up in the morning with new ideas. You'll find yourself having ideas in the shower, while you are taking long walks, and while you are driving to work.
3. It creates new levels of motivation. You'll start to notice you are unexpectedly doing things that take you to your goal. All of a sudden, you are raising your hand in class, volunteering to take on new assignments at work, speaking out at staff meetings, asking more directly for what you want, saving money for the things that you want, paying down a credit card debt, or taking more risks in your personal life.

Since your mind operates in pictures, you need to repeatedly *see* your goals as already complete. Here are several ways to do this: (pages 83-88)

- Close your eyes and imagine having, doing or being what you want. If you don't *see* or vision well...
- Write a story about a day in your life once this (or these) goals have already been achieved.
- Find photos/pictures or symbols to represent you achieving the goal.

Whether you visualize your new story in your mind or on paper, be sure to ***make it as sensory as possible***. How do you *feel*? Really get into the emotions of what it's like to have this. What does it look like? What can you smell? Feel or touch?