



# BIG VISION EXAMPLE 1

Remember you can go general or specific. If you know what you want then be as detailed as possible so you make sure you get it. For example, if you know what house you want, describe the design in detail. If you know what your partner looks like, mention all their features. If you're not so sure or you aren't that bothered and don't mind leaving the details up to the universe, you can go more general and focus more on how you want to feel.

So if you don't have a specific country or town to live in mind, go general by saying you want to live in a tropical environment, or somewhere that feels like home or makes you feel free or healthy or alive. Or if you aren't sure about your career, say you want something where you get to work outdoors, or that makes you feel fulfilled or excited or challenged. Always go as specific as possible but know that general will work just as well until you start to work out more what you want from life. Then you can start to flesh out your vision more as the weeks and months go by

# PERSONAL

## 1 YEAR

- I love myself fully, despite all my flaws, mistakes, ambitions and hurtful things I've said to people.
- I forgive myself and accept myself for all of those things
- I unapologetically celebrate myself, all of my achievements, all of my ambitions, all of my life-lessons
- I unapologetically celebrate all of my gifts, talents, my beauty and my figure
- I love myself enough to cherish everything and everyone that gives me good, nourishing love into my life
- I love myself enough to never push anyone away again
- I feel like my dreams are coming true because I love myself unconditionally, forever and always
- I am my own best friend and my own life-partner. I marry myself and my desires first, before I marry anyone else

## 5 YEARS

- I walk and move my body always in a confident, unrushed manner
- I talk slowly and clearly and am always heard, listened to and not talked over by others

- I am treated with total respect as an intelligent, strong person, who cannot be messed around, by everyone who comes into contact with me
- I am viewed by others as someone who has it all
- I exude self-assuredness, trustworthiness, authenticity, groundedness, femininity and sex appeal
- I fully embody the fact that I am an infinite energetic being in a human shell
- Others come to me for advice, seeing me as wise and honest

# LOVE

## 1 YEAR

- I am with someone who loves me unconditionally, forgives my flaws and can see through my past, my pain and mistakes and still sees the true me beneath it all
- I am with someone who cares about others as much as they do themselves and me
- I am with someone who will be kind to the waiter, the cashier, the cleaner and anyone who could be considered below them. Someone who treats every living being with respect and kindness.
- I am with someone who is awake to themselves, me, the world and society
- I am with someone I can do a little samba with
- I am with someone who can appreciate my taste in music and has a good taste in music themselves
- I am with someone who challenges me to be a better person and who can teach me a thing or two about myself, about life and the challenges I can expect
- I am with someone who can support my vision and tells me I can do it!
- I am with someone who is fine with me making friends with other attractive men
- I am with someone who I consider very attractive and handsome
- I am with someone who looks after their appearance and keeps himself groomed
- I am with someone with a toned, strong body and tanned skin

- I am with someone who is great in bed and fills me with pleasure
- I am with someone who I find mysterious
- I feel deeply and truly in love with them
- I am with someone who is cool and intelligent
- I am with someone who is handy around the house
- I am with someone who cooks really good, healthy/vegan food and wants to cook for me every day and doesn't mind doing the cleaning up too
- I am with someone who loves and respects his mother deeply
- I am with someone who has worked on themselves and sorted their own healing
- I am with someone who can be a funny guy without being someone's clown
- I am with someone who can grow food or gather food from the land
- I am with someone who has been on their own spiritual path and can share their lessons with me
- I am with someone I can laugh constantly with, someone who makes me giggle and also howl with laughter
- I am with someone who I can dance with and lead me around the dance floor
- I am with someone who reads often and can tell me about things I didn't know before
- I am with someone who has an abundance of wealth and can look after me and themselves comfortably and we can thrive together
- I am with someone who knows their own gifts and uses them to help people
- I am with someone who is a confident speaker and good with people

- I am with someone who is part of a loving community and will share that with me
- I am with someone who has soft skin
- I am with someone who is confident within themselves of their looks and personality
- I am with someone who speaks my language, we can share things without even using words
- I am with someone who eats well and looks after their body
- I am with someone who is sensitive enough to watch me cry and stay calm to talk to me about it and listens well
- I am with someone who allows me total freedom
- I am with someone who can do yoga and meditation with me
- I am with someone who treats everyone fairly regardless of race, gender and sexual orientation
- I am with someone who understands the big words I use
- I am with someone who wants to live a tropical island life with me
- I love and trust him deeply and fully with all of my being
- He is a best friend

## 5 YEARS

- I am happily married to my life partner and our relationship just gets better and better and our love deeper and deeper every year
- I have a family with my life partner, and we live a blissful existence full of unconditional love

- My marriage inspires other people as to what it's possible to achieve
- We are even more attracted to each other than when we first met, as we mature together into even more attractive souls

# HEALTH

## 1 YEAR

- I have a regular yoga practice
- I eat healthy, nourishing plant based foods
- I have smooth face and skin
- I feel like I'm "glowing"!
- I love my body, face and skin completely
- My chakras are fully in alignment and balanced
- My bones are in alignment
- I have good and correct posture
- I have good and strong mental health
- I have lots of motivation and energy

## 5 YEARS

- I feel truly inside my own body
- I am grounded in my senses
- I feel nourished and alive
- I have a strong and flexible body
- I easily maintain my slim figure
- I do yoga regularly and am able to do advanced classes and hot yoga
- I can run/jog for at least a mile without stopping
- I am cannabis free
- I have a large and healthy lung capacity
- I am allergy free
- I have long, smooth, shiny hair
- I have a twinkle in my eye and bright, shiny eyes
- I know what my body needs and give it to myself
- I am alcohol free

- I have a sun-kissed glow
- I sleep like a baby through the night
- I understand what brings me pleasure and do things that make me happy and bring me joy

# LIFESTYLE & ENVIRONMENT

## 1 YEAR

- I live in a space I can call my own
- I have a kitchen with a gas hob so I can cook decent stir fries
- I have a kitchen equipped with all the necessary bits and bobs to make food that i love
- I have a fridge large enough for all of my fresh vegetables and fruit
- I have a living room that is spacious enough for a cosy sofa, a few nice pieces of furniture and shelves for my books and decorations
- I have a clean, comfortable living room with feng shui applied so that it encourages good flow of chi
- I have my own bedroom or spiritual room to do all of my activities for creation, flow, yoga, writing and everything else I love doing
- I have enough floor space to take out my sacred bubble when I want to go into a deep trance
- I have a space that I can use for reiki healing sessions online
- I have a space that I can lock myself into for my angel card readings
- I have a space that I can record videos for when I choose to start my YouTube channel
- I have a nice garden that I can grow my own fruit and vegetables
- I have the time to do my interests or be able to plan for them
- I have a good structure in my life

- I make new friends easily by joining classes or clubs that are in alignment with my interests
- I meet up with social groups and do exciting things
- I am part of volunteer groups that look after nature and animals
- I am able to go for long walks regularly
- I am in touch with nature, living a more Ayurvedic life
- I write for my blog regularly and create traffic onto my website
- I am surrounded by beautiful nature with good walks nearby
- I am close to a forest so I can go exploring when I need to connect back to nature

## 5 YEARS

- I live in a different country, like Hawaii
- I am surrounded by palm trees, beautiful beaches and lovely people
- I live in a nice cottage or bungalow
- I am with my partner in a beautiful country that we can use to discover a new culture and be involved in big loving vibes
- I go on hikes up mountains and feel on top of the world
- I have hiked up a volcano!
- I am learning about a new environment and culture that I have always been fascinated in
- I go on road trips across the USA
- I live in a place that offers great abundance and live in touch with nature and in the flow of the universe and my own desires

- I am surrounded by beautiful and loving people
- I live in a community that I offer to help
- I am surrounded by tropical animals and part of volunteering efforts to keep their habitats safe and clear from danger and disease
- I wake up to a beautiful sunrise over the ocean every day
- I live near a beach that is wind-free, calm and always sunny
- I live somewhere where I can see sharks and other tropical exotic animals
- I live somewhere that I can learn how to scuba dive
- I have a beautiful home that I spend time maintaining to my high standards
- I have a flexible work schedule that serves my needs as much as my clients
- I walk on the beach and in forests or jungles everyday
- I go on wonderful trips abroad, travelling to new and exciting places at least once a year
- I live somewhere that feels like being on holiday every day
- I am a chairman on the board of the council I live in to raise the community into higher spirits and to make the community I live in an example of raising their community to great heights

# CAREER

## 1 YEAR

- I have upskilled in my areas of reiki, angel card readings, hypnosis and energy healing
- I have an online business up and running
- I am free from my 9 to 5 office life
- I make good money online doing what I love
- I help people who seek energetic healing
- I heal spiritual people on their path of enlightenment
- I work when I want
- I take breaks when I want
- I get up and finish my day when I want
- I have a blog with lots of posts about my story and my vision
- I love what I do
- I sell products and services that help people achieve greater clarity, focus and alignment with their soul and purpose

## 5 YEARS

- I have my own energy healing centre
- I have my own building!!
- I have regular clients who come and see me for my service
- I am happy in my work
- I love waking up every day to get into the centre

- I smile and say hello to the people that I see on my way to my centre every day
- I build relationships with people in the community and they know my name
- I have a team of healers around me, supporting my business and helping me heal people from around the world
- I attract people from across the globe to visit my centre for my healing abilities
- I help the little guy as well as the big corporate bosses
- I have a network of healers around me so I can direct my clients to other people who have other skills in areas that I am not specialised
- I send people on their way feeling like a fuller version of themselves
- I take people back to the places that they lost a part of themselves and bring that soul segment back to their bodies, talk to them about their experience and offer them guidance on their next steps
- I have people come to me for advice and lifestyle choices and know that I have the knowledge and wisdom to help them carry on their healing when they walk out of my door
- My centre is called “The Seven Souls”
- My centre is part of a global network of healing centres that all share the same vision, to help people on their healing journey and make them feel a more complete version of themselves and then continue to help them when they leave the building
- Many people recommend me to their friends and family
- I am affordable to people but give them massive value for money

- I am known by people as a gift to this earth and worth meeting
- People know of me and seek a meeting with me
- My calendar is booked months in advanced
- I have reviews online about how I completely changed someone's life for the better
- I take breaks and holidays when I need or want them
- I am setting up other healing centres across the world in gorgeous settings as my brand expands to become more widely known
- I start another business helping bring people off the streets and into good homes and good environments to help their own growth
- I start another business to help people with criminal records get into work to help the local community

# MONEY

## 1 YEAR

- I have more income
- I make more from my online business than I do my current job
- I am starting to have a taste for financial freedom
- I have savings for holidays as well as investing in my business
- I can afford living in my flat as well as eating organic fruit and vegetables all day every day

## 5 YEARS

- I have total financial freedom from multiple streams of passive income
- I know I will never have to go back to working for another business to afford my lifestyle
- I know I can give generously whenever I want to
- I am able to send money to my family if they need help
- I teach people how to get financial freedom
- I have investments in lots of different areas
- I have shares in other businesses, ones that I believe in and want to help grow
- I help fund the climate crisis
- I give freely to homeless people and support local organisations that help people on the edge of society
- I am able to use my finances and financial power for the greater good to raise the individual and collective consciousness

- I have a regular, large stream of income to support my family and my business

# FAMILY & FRIENDS

## 1 YEAR

- I see my family whenever I want, often and regular trips home are essential
- I have new relationships in the healing field to help me expand my business one day
- I have new friends who are in alignment with my soul
- I have built an online community of like-minded people on a similar path
- I maintain a good relationship with people also on their way to a bright and fresh future
- We work towards our own goals together and support each other on our individual missions
- My friendships are good all the time, and we never question our relationship

## 5 YEARS

- I am surrounded by good, happy people
- I have a large network of support and love from people who believe in me and I believe in them
- I am surrounded by people who I can trust and maintain good healthy relationships with
- I am able to see my family regularly and have them visit us too
- I am able to provide my mum, dad and the rest of my family with a holiday on a tropical island whenever they want and even be able to pay for their flights to us

- I have good and healthy working relationship with a group of healers who work for my business and who I can trust fully and wholly with maintaining an exemplary image for my business
- I have a large group of female friends who I can go on trips with, café lunches with, dinner dates with our partners
- I have good friends close to my heart
- I have a female friend whom I cherish dearly, who I can share my woes and joys with and they can share theirs with me, and we support each other fully and without any trust issues between us
- I can say that I have held on to my friends for many years
- I am able to lift my family through the example I set, so they can create better lives for themselves