



BIG VISION EXAMPLE 2

This example is written using standard sentences and paragraphs, which is fine and can be done rather than bullet points. Just make sure those sentences fit the requirement of being positive, no negative words, as you will be reading this out as an affirmation. If you prefer, you can write it out like this and then turn it into bullet points after.

PERSONAL

1 YEAR

I am a confident business woman who is adept at her work and exudes this from every pore. I am extremely creative and find it simple to come up with ideas for my business that are highly lucrative and helpful for others.

I walk and talk with authority but also a soft, feminine grace. I fully accept every “flaw” and own who I am as a beautiful soul. I forgive myself for my past and how I have treated myself.

Other people see me as someone with high self-esteem and treat me as such. I am able to make quick decisions and always trust my intuition, which I am becoming more and more in tune with. I dress in whatever way feels comfortable to me, without the feeling that I need to hide any part of myself.

5 YEARS

I am unfuckwithable!! I have fully tapped into my divine feminine and am easily able to show vulnerability when required. I am proud of who I am in every way and only ever feel grateful for every aspect of my being.

I am easily able to keep all negative people at bay and always able to remain calm and positive. I always take the high road in any disagreement and am able to walk away without saying a word. I respond rather than react.

I am the kind of person who is instantly respected by everyone and when I walk into a room, heads turn. I have an aura which magnetically attracts people's attention but I always remain humble and down to earth with it.

I carry myself with pride and am fearless in moving towards all of my dreams, knowing that nothing can stand in my way.

LOVE

1 YEAR

My man is spiritually and mentally stable, in alignment with his destiny. He has a clean appearance and hygiene, good sense of humour, makes me laugh, is honest, trustworthy and reliable. He is strong and health conscious, knows what he wants from life. He is a giver, kind, thoughtful, caring, respectful, loving and romantic. He encourages me to be the best version of myself. He's a passionate kisser, taking intimacy to another realm/scale. He takes responsibility for his actions, embraces his imperfections. We set goals and aspirations and give supportive gestures together.

I am deeply in love with my man, my life partner, who makes me feel like a feminine queen as he is fully in his divine masculine. My life partner and I both feel like we've known each other our whole lives, our relationship feels so easy, smooth and simple. He is my muse, I feel inspired by him and he feels inspired by me because I have so much to teach him and vice-versa.

There is a spark between me and my life partner, a fiery passion that threatens to sexually erupt at any moment. We always sleep comfortably and easily in the same bed with even with our bodies close and entwined.

He makes me feel as if I'm the only woman that matters and every time we have sex it feels as incredible as the first time. My life partner writes the most beautiful, heartfelt, flattering, complimentary, long social media posts about me, what I have done for his life, and how much I mean to

him. He teaches me how to laugh, how to have fun, how to relax, how to be carefree, how to be wild and how to be a kid again. My life partner heals me. He is my rock, he never lets me down, he's so reliable and dependant, I trust him with my life.

We have a strong, amazing soul connection to each other. My partner has a beautiful sense of humour, who makes me laugh, smile, giggle every day. He is strong minded, shows he's caring, loving, passionate, has empathy, is supportive, patient and understanding.

5 YEARS

My partner and I have a deep unconditional love for each other. We work together in service to humanity. We are role models to many, a power couple. We spend our days living within the LOA creating anything we put our hearts and minds to. Our sanctuary space is filled with joy, peace and happiness. We have a healthy, secure, romantic relationship. Our love is sustained by easily and openly communicating our feelings and spending quality time together and surprising each other with gifts, finding new things to do and share to make us feel great about ourselves, standing firm in love.

HEALTH

1 YEAR

My vibration matches an amazing new version of myself which is cleansed purified and healed. I feel light, free, fresh, vibrant and full of energy. My skin is clear, hair shiny, nails strong and smooth.

I am balanced, in tune with the universe, spiritually, physically and mentally stable. I eat a mainly plant based diet, drink alkaline water and make my own delicious juices and smoothies from raw ingredients. I regularly meditate, exercise and do Qi Gong, yoga, cycling, running, breathing exercises and spend time in nature.

My front teeth are straight, perfectly aligned and give me a beautiful, symmetrical smile. I am easily able to maintain my new, healthy but still curvy physique. I feel more alive with the earth and the universe. I am more grounded.

5 YEARS

My health is thriving, I'm dedicated to giving my body the best health care. Every day my daily practices of what I think, eat and drink leave me feeling fully charged and strong within.

I am anxiety-free and only have positive expectations around what is to come in my life. My scar is barely

noticeable. My body is in the best shape it has ever been and is super-toned. My body feels calm, relaxed and at peace and is free from ticks, shaking, throbbing, tremors, anxiety and feeling wired. I feel balanced and harmonious in my body and I look and feel more attractive and have higher self-esteem than ever before

I work out consistently and enjoy it as it has become a habit. I always feel stable, solid and grounded. I still look in my 30s!! I always have a lot of energy and my tattoos still looks sharp, crisp and good as new!! I am healthier than I've ever been or felt

LIFESTYLE & ENVIRONMENT

1 YEAR

My home is surrounded by lush tropical trees, mountains and abundant vegetation. The air is clean to breathe in the beautiful sunrise and sunsets. I live in an amazing community with clean running water, natural resources, beautiful landscapes and you can hear the syncopation of the animals/creatures. I live amongst spectacular scenery, clear blue waters, white sand beaches and water fountains.

I am so grateful that I have a lifestyle of opulence; I'm now living in my dream home which is clean, bright and beautiful, ecological, full of natural light, high ceilings, wooden beams, local stone, plant life, small trees and the feeling of being amidst nature, with many of the walls being made of clear glass so I have a view of fields or jungle all around me. It is modern, yet also with unique design features that blend in well with the local traditions. I am immersed in natural, soothing earth tones throughout my home, so I always feel grounded and calm whenever I step inside and I can hear the birds singing though apart from that, everything is peaceful and quiet. The bathroom is huge and has a stone bath-tub which is partially outdoors, open to the elements. There is a penthouse-style view from the bedroom, which has wooden floorboards and a large fan in the middle of a vaulted ceiling. The expansive, open-plan living area leads out onto an infinity pool with views across the landscape and over my private garden, full of bright flowers, a pond and a white-stone, dotted pathway.

I'm now living an exclusive luxurious life, travelling the world and doing what I love. My base is in Costa Rica but travel around the world with my partner. I stay in 4 and 5 star hotels and guesthouses always of a high standard of comfort and cleanliness.

I am eating healthy food every day at whatever restaurant I fancy. I regularly go to ecstatic dance with my life partner. I have an awesome new dragon tattoo on my arm. I buy my family anything they need plus lots of surprise gifts such as healthy medical products, electronic devices and holidays.

I fly business class on every flight. I have close friends who go to ecstatic dance with me and other electronic music events and really enjoy the music. I travel around by moped and am absolutely addicted to the freedom of riding.

5 YEARS

I live with my partner in a tropical environment surrounded by stunning scenery and wildlife, gorgeous white sand beaches and weather is always beautiful - me and the sun are best friends! At times there's heaps of rain which is great for the vegetation and animal kingdom. From our retreat home we have 360 degree breathtaking views with beautiful traditional art and sculptures from local artists. Everyone who joins us leaves feeling healed, relaxed and pampered.

We own private islands, 104 acres in Panama, 169 acres in the Maldives with an airport and 7.054 hectares in Bali. All are exclusive off grid, self-contained, natural beauty spots. Our islands have beautiful coral reefs, white sand beaches, paradise for sure, with palm and mangrove trees. Our investments give us a luxurious lifestyle. We have eco-friendly accommodation on all our islands. When we travel it's always 5 star. We have a private jet, yachts, luxury cars, elegant clothing, top class chefs. With LOA we have manifested the life that we deserve and as philanthropists we ignite our spark of excellence worldwide.

I travel the world in first class, staying in 5 star apartments and hotels with my life partner. We spend weeks or months in different destinations across the world, over every continent, and we have travelled to see Macchu Pichu, the Pyramid of Giza, Tulum and Vietnam. I have swum with whale-sharks and dolphins, been on a hot air balloon safari, a cruise to Antarctica, trekked through Milford in New Zealand and visited Uluru in Australia. We have floated together in the Dead Sea and stood at the top of the Eiffel tower!

I have a top of the range music production studio and am having incredible fun creating music. I am full vegan and absolutely love what I eat. I drive a silver BMW Z4. My life gets better and better as each year passes. I am well-known in the spiritual community and have many friends to hang out with wherever I am within that community no matter where in the world I am.

CAREER

1 YEAR

I am a successful Life/Health/Wellness Coach, Author/Writer. I'm adept in helping people all around the world to become a better version of themselves, giving them the tools to achieve effective positive lifestyle changes.

Specifically I work with women of colour who have been through early life trauma similar to my own and have built several great relationships with them which has helped my business grow into something sustainable on its own.

I absolutely love what I do and waking up every day is like a dream!! It always feels aligned and easy, more like play than work. Clients come to me swiftly and with little effort whenever I want. I am learning more and more about business and becoming more accomplished at running a self-employed coaching business.

I am writing my book and it is flowing easily as I feel inspired. I am also creating music with my brother and our work is becoming more and more polished.

5 YEARS

We run amazing businesses designed to suit individuals/couples needs to achieve healing balance and well-being using LOA. We have immersive programmes to

choose from, all are exclusive for people to love deeper and take better care for self. We are known for our expertise globally, our after care products and books and audios are sold worldwide with 5 star reviews.

I am a worldwide best-selling author. My book is in all major bookstores worldwide, has thousands of 5 star reviews on Amazon. My Instagram page has exploded as millions of people become interested in my story. I have a series of top selling courses which are helping many millions of people worldwide become their greatest version. My music has been published by a top publishing company and is receiving critical acclaim.

My life partner and I are well-known within our industries as a successful, acclaimed power couple. We are invited to be interviewed on TV, radio and podcast shows and magazines. We help thousands of people all over the world in projects. I am regularly offered high paying speaking gigs.

We run retreats across several naturally beautiful paradise spots across the globe where people come to rest and recuperate and learn about a healthier way of life. We also run our own BnB and tea room by the coast of Costa Rica, where we greet travellers from all over the world who want to have a luxury, eco-friendly stay.

MONEY

1 YEAR

I have just checked my bank account to make a transaction, the balance on my account is \$203,333. I have a regular, large stream of income to support my family and my business. I earn 10K per month on average, saving at least 10% of my income every month and tithing 10% of my income every month. I have paid back all the money I owe and am debt-free. My relationship with money is now easy, simple and relaxed. Money no longer has power over me, I see it for what it is, just a piece of paper or metal or numbers on a screen.

5 YEARS

We have equities bonds and shares and are making juicy returns from all our investments that give us the financial freedom to do anything and give generously, contributing to the wellbeing of others which has been a positive impact for many. Our accounts total \$1,711,000,000.

As a philanthropist I invest in goods and services, donating my riches worldwide. I have a substantial investment in Bitcoin and cryptos, of which I give thousands monthly to charitable causes and have bought my Mum a house with the return. I don't even think about money anymore and never check my accounts because money is all around me, I

breathe it in like air and it is so easy for me to manifest, I
laugh at how simple it is.

FAMILY & FRIENDS

1 YEAR

My relationships with family and friends is healthy, we respect and value each other. We are able to talk deeply and honestly. I feel safe to be able to express myself without feeling insulted or degraded. Trust strengthens the bond between us all.

I have a close knit circle of soul mate friends who I meet up with regularly to hang out with and feel part of a tight, special group of friends who have each other's back. I celebrate my birthday with my friends and life partner on a special trip somewhere in Africa.

I have a woman who I can call a best friend and she calls me her best friend. She is affectionate and tactile with me, tells me she loves me and is someone I feel comfortable opening up to about every part of my life. She is someone I can rely on who will never take advantage or disappear from my life, a soul mate who gets me on every level, someone who I am constantly laughing with and makes me feel like a playful kid again. She has a fun personality, smiles a lot, is cheerful and exudes an aura that makes everyone around her feel amazing.

I have a network of good friends around the world who I'm in regular contact with and I am in regular contact with my family and feel comfortable talking with all of them. I have repaired the relationship with my parents and feel close to my brother for the first time since I was a child.

5 YEARS

We have amazing relationships with family, friends and all that we meet. We have learnt valuable, essential tools that enhance how we communicate and respect each other. We regularly spend time talking and sharing how to live life to the full within LOA and our family and have become highly skilled at adopting LOA to their lives.

Our highly skilled team/staff and award winning concierge are inspirational, aspirational, intelligent and unique. They too are like family and we all have a great healthy relationship. I have been able to help every member of my family improve their lives as they thrive by learning from my own success.

I am still in regular contact with my best friend and her husband, who my life partner and I spend time with as two couples and have amazing fun together.