

“Imagination is the beginning of creation. You imagine what you desire, you will what you imagine and at last you create what you will.”

George Bernard Shaw

Consciously Creating Your Future

“Your results are the logical conclusion to the beliefs you have, the decisions you make, and the actions you take.” Spike Humer

1. It begins with a clear and compelling vision; start by imagining what’s possible.
 - a. What if there were no limitations
 - b. Possible for some, possible for all
 - c. Possible for one, possible for me
 - d. The future creates the present
 - e. Write out a description of your ideal life; include the major areas of importance:
 - i. Health/Physical
 - ii. Financial/Career/Business
 - iii. Relationships/Social
 - iv. Spiritual/Creative/Intellectual
 - f. What do I need to create in my life and what do I need to accomplish to make it so?
2. It progresses with a focused system of beliefs
 - a. We start with a belief and then find evidence to support it
 - b. You’re either arguing for your limitations or your potential
 - c. What beliefs do I need to change about myself or my capabilities
 - d. What new beliefs do I need to embrace about myself or my capabilities
3. It continues with an alignment of your beliefs, values, and actions
 - a. Make a list of your values, the things you treasure most
 - b. Make a list of the three most important goals in your life
 - c. Make a list of the most important things and people in your life
 - i. What will happen when I accomplish this goal?
 - ii. What will happen if I don’t accomplish this goal?
 - iii. What won’t happen when I accomplish this goal?
 - iv. What won’t happen if I don’t accomplish this goal?

4. It's initiated by action and sustained by attention
 - a. Get started now; today is the time to change your life
 - b. What do I need to change in my life?
 - i. What do I need/want/will start doing?
 - ii. What do I need/want/ will stop doing?
 - iii. What do I need/want/will start doing more of?
 - iv. What do I need/want/will start doing less of?
 - c. What is the most important thing I can do right now to get started?

5. It's supported by a measured, monitored, and managed plan
 - a. Ask yourself the right questions
 - i. What are the major actions, activities, benchmarks, and guideposts?
 - ii. What are the incremental steps I can take to accomplish my most important goals?
 - iii. What is the most important thing I can do right now?
 - iv. What resources do I need? What resources do I have available?
 1. Find a mentor or a model
 2. Enlist others to benefit in your vision and goals
 - v. Am I closer or farther away from my goals right now
 - b. Success is not a straight road
 - i. Adjust, readjust, align, and realign

6. S.M.A.R.T. Goals Revisited
 - a. Specific AND Strategic
 - b. Measurable AND Meaningful
 - c. Achievable AND Actionable
 - d. Realistic AND Relevant
 - e. Timely, Time-Phased, AND Task Oriented

Closing Thoughts:

1. Visualization, Meditation, and Prayer
 - a. "Pray as if it all depends on God (or the Universe) but work like it all depends on you."

2. The Law of Attraction versus the Laws of Attention and Action