

VISION GUIDE

YOUR STEP-BY-STEP
GUIDE FOR CRAFTING
A MEANINGFUL
YEAR

Hello Love!

I am so excited to share this special Visioning Guide with you!

Over the years I've found that visioning is far more productive than setting resolutions. Resolutions by nature feel a little outdated, rigid, and are often ineffective. (If you've ever found yourself making the same resolution to lose weight year after year, without results then you know what I mean).

In contrast to a resolution, a vision is more creative, and free flowing. Most importantly it conditions your brain to see a change through rather than just *consider* making a change.

A resolution can feel daunting, but with a vision it's a done deal.

Resolutions are important for setting an intention but a vision is what describes what you see, taste, touch, and feel *once you've achieved your goals*.

It is a present tense description of what it looks like and feels like to have already achieved the success you imagine.

**Decisions made with the mind are just thoughts, they can be forgotten.
Decisions made with the heart never fade away.**

Creating a vision also allows you to tap into the deeper motivation that helps you see things through while simultaneously inspiring you to take action each day.

Most highly influential people have vision.

Think: Ghandi, Steve Jobs, Martin Luther King.

These leaders didn't say "we're going to try to be better this year," they said "I have a *vision* – a dream – we are going somewhere together and I feel it and see it so clearly that there is no doubt in my mind it will happen."

I first came across visioning in my profession training when I was managing the marketing and public relations for a multimillion-dollar natural foods store.

We needed to be able to share a clear vision and message that inspired both our employees and our 8,000+ shareholders. A mission statement can only take you so far.

A vision *moves* you.

It helps you know when you are hitting the mark and creates a clear vision of greatness, of what success looks like.

Most people fail to realize that having a vision for your personal life can be just as important and have just as big of an impact.

Here's an example of how to go from wishy-washy resolution to clear VISION:

Statement #1: I am finally going to get in shape this year! Enough is enough! I'm going to stop eating so much at night, cut out sugar, and go to the gym every day so I can lose this extra 20 pounds.

Statement #2: I'm sitting in front of a beautiful dinner on Christmas Eve, and I am amazed by all that has transpired this year. I feel strong, my body is toned, I feel a deep sense of pride that I've been able to take such incredible care of myself this year. I finally invested in a coach and trainer, and I've learned to cook new recipes that taste amazing and haven't felt guilty after eating in months! I know deep down that my body reflects who I want to be in the world. I feel hopeful, optimistic, and fulfilled knowing what it takes to lose weight and why it hasn't worked for me in the past. I feel grounded, feel free around food and amazing in my own skin. I finally feel at peace. With all the extra energy I have now I've started my own side business, launched my website and am making an extra \$1k a month! It's just the beginning but I finally know what I want to be doing with my life. I am taking bold steps forward to leave my current 9-5 job in the next 12 months, and I can't wait!

See how one comes from the head and the other the heart? Both are specific but you can *feel* the energy of the second one shifting forward in a new way. This is key!

The thing is we can't use the same thinking that got us into a situation to get ourselves out. This is why resolutions fail us. We expect to do different things and then become a different person. But in reality, you need to practice BEING a different person to start automatically doing different things!

We need to think differently.

We need to BE different to experience new results.

Visioning allows you to do that by accessing a *new* way of thinking and being in the world.

In this guide you'll get all the tools you need to create your own powerful vision for the New Year so that this coming year can be your most productive, healthy, successful and transformative year yet!

Enjoy the process, have some fun, and let me know how it goes!

With Love,

XOXO,
KRISSEY



Krissy Leonard is a Business and Marketing Coach who works with women who want to create more income and impact without sacrificing their soul. She combines yogic philosophy, business strategy, feminine arts, spiritual techniques, and science-based tools from modern psychology to help women create the body, business, and life they really want.

Learn more at www.krissyleonard.com

krissyleonard.com

CRAFTING YOUR VISION AND PLAN FOR THE NEW YEAR

Sit down, get cozy, make yourself a cup of tea, light a candle and let's get down to business...

STEP 1:

Print out the following Visioning Worksheet and take out a pen (or open up a Word Document, choose a font you like).

STEP 2:

Close your eyes and picture a future version of yourself at the end of this coming year... she's like you in a lot of ways but also different too. She has reached all the goals that you have set out to accomplish. For example: she is more fully expressed in her career, at home in her body, loves amazing, healthy food, exercises consistently, etc. Notice what she is wearing, how she is feeling, her energy, her way of being in the world. Notice who she surrounds herself with, what her surroundings look like, where she is living, how she spends her free time. Take your time with this and go as deep as you like!

STEP 3:

Set a timer for 15-30 minutes and get to work writing out and describing your Vision! (Remember to write it in PRESENT tense as if you are looking around and describing what you see).

My VISION for 20__

Today is January 1st 20____...

HOW TO CREATE YOUR "BIG 8"

STEP 4:

Print out the following "Big 8" worksheet.

STEP 5:

Write down your top 8 "Must-Do's" for the coming year.

(Tip: Make sure these are specific and attainable within a year. You can take this a step further by breaking down the Big 8 into steps that can go right into your calendar for example if "lose 20 pounds" is on your Big 8, on your calendar schedule in the first steps: "find a coach or trainer I resonate with," "join a gym/dance/yoga studio" and "arrange my schedule so I can exercise in the morning" etc...)

STEP 6:

Seal your Vision (extra points for fun stickers, fancy envelopes or drawings) and put it somewhere you can come back to it this time next year. Post your Big 8 somewhere where you can see it and refer to it, and check it off daily.

MY BIG 8 "Must-Do's" for 20__

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