



Cherrise Boucher

# CREATE YOUR VISION 2017

[www.CherriseBoucher.com](http://www.CherriseBoucher.com)

## **This is your guide to Creating YOUR Vision!**

I suggest you start with a 6 month Vision Statement because that is within reach and close enough to feel and see the possibilities that are just around the corner!

Key points to creating your vision statement so it works!

- Use your own voice when writing this. Write it how you speak.
- Use present tense and first person language. You are writing this as if you are talking to a friend who hasn't seen you in several months.
- Focus on the FEELINGS.
- Keep it generally specific.
- Once it is written keep it in an easily accessible place to you can see it and read it every day.
- You may want to record yourself reading your statement and really get excited about it! Listen to it often to re-ignite your passion.

Here's where you list every aspect of your life that you can imagine, within the next 6 months (and beyond!) These are in no particular order and when you write your Vision Statement you do not need to go down the list.

What would you like to see in your life 6 months from now? Think of everything including family, relationships, business, work, self-care, health, finances, etc.

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How will you FEEL when the above things are in your life?

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What will you be doing as a result of these things?

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What is the main expression you want to feel or experience *overall* in your life?

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Write your own notes on how you are going to be your own cheerleader!

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What are a few attributes you would like to have, or currently have? These are things that you would like others to attach to you when they think about who you are.

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WHY do you want to create this version of your life?

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Now go ahead and write out your Vision Statement as if you were speaking to someone from your six-month future. Really talk about what your life looks like and how you are feeling. What you are doing as a result of all these amazing things being in place. *There is no right or wrong way to do this and you don't need to write it in the order of the questions.* Allow yourself to be totally in the moment with this life you are envisioning. When I do this exercise it's almost as if I've stepped into a time travel machine and am already there, experiencing everything as if it already exists in my life.

Remember to keep it pretty general so that you don't close the doors, so to speak, to the Universe (God, Spirit, whatever you choose) from providing the best opportunities and putting the right circumstances in front of you. In this case being too specific can essentially be like putting blinders on. You will only be looking for that specific thing and be closed off to, or blind to, potentially better situations or opportunities that are designed to give you just what you are looking to create.

HAVE FUN WITH THIS! This is very exciting!