

Creative Visioning Process – A roadmap to your ideal destination.

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1. Overview

Start with the end in Mind, how do you really want to feel.

This exercise will start bringing your awareness to your ultimate destination.

What is the CVP? It's a formula to help you create the life of your dreams. It has worked for many people.

Those who actually do it, and this is where its important to have support of a coach to help with accountability see incredible results.

The main overarching principles here are clarity trust and surrender.

1. **Clarity** – spending some time to reflect on how you actually want to feel without being influenced by what others want, what the external influences (media, peers, family) want for you.
2. **Trust & Surrender**– to trust the process as everything is always happening for you and in order to create change sometimes things will need to fall apart. We must try our best not to judge the singular events as good or bad but rather to keep working on ourselves and look for the opportunities in all situations. Anything can change at any time. Take a quick look back at some of the most challenging times in your life. How did that shift you or move you?

Throughout this entire exercise and as you continue to work with it you will uncover roadblocks, resistance and hurdles which you can bring into your ERBE and mindwork exercises to dive a little deeper.

Introduction

How does one create the life of your dreams? Some people just intuitively can make magic happen. You need to be clear on where you are going and why.

By where I mean not the route, but the destination.

By the destination I mean not what it looks like or where it is but rather what it feels like.

What will you feel like, when you wake up in the morning in your perfect life? What will you feel like when you go to bed?

How will you interact with others? How will you be interacted with?

Along the way you will most likely discover a lot about who you really are as you grow and transform. Be patient, stay present and surrender to the process.

A few things that may get in your way, is not believe its possible, or trying to control or guide the process. We will explore all that in the next few modules. So stay present, and see you in the next module.

2. Accountability Partner/ Coach

This exercise (and most exercises in general) are always more effective and powerful if you have a good accountability partner to work with or a coach that will help keep you accountable. This exercise is simple, all you need to do is listen, read or even reflect on the substance of your Letter daily. In short time you will start to notice changes and opportunities arise.

Add in course notes time between each module – do this for a few days and come back. Recite our decision statement.

3. Making. A Decision

Making A personal Declaration of Independence – You are ready to shift.

What is a decision? The first step needs to be clear and concise. Yes I am ready. Comes from the Latin word *decidere* which means to cut off from. Cut off other possibilities. Burn the ships.

In 1519. Hernán Cortés led a large expedition consisting of 600 Spaniards, 16 or so horses, and 11 boats to Mexico. The goal: capture a magnificent treasure said to be held there. Upon arrival, Cortés made history by destroying his ships. This sent a clear message to his men: There is no

turning back. They either win or they perish. This concept may go back even further.

CLOSE YOUR EYES AND MAKE A SIMPLE DECISION TO MAKE A CHANGE IN YOUR LIFE.

1) Why is it important – give you clarity, purpose, inspiration and motivation. When you are not fully committed its much easier to avoid the path when obstacles or challenges arise.

2) Your decision proclamation. So what are you deciding to do? Don't make it a goal, it doesn't need to be measured. Some examples:

- a. My life purpose is to _____
- b. I am fully committed to _____
- c. I am doing this and not giving up
- d. I am an amazing _____ with _____ and _____
- e. I am successful at _____
- f. I am an inspiring _____ that can _____
- g. I have many incredible and loving relationships in my life

Everyone will have a different decision proclamation, and you can change it over time or even at the end of this exercise to align perfectly. When you read it out loud it should inspire you and give you energy. If you feel a block when reading it out load or to someone else you can focus on this feeling in meditation or breathwork to see if there is something there.

4. Your Why - Deepening Commitment and Setting Intention

Why is this decision important to you? Why do you really want to change? Ask yourself the 5 whys and keep going further back to the root.

- a. Journal 15 minutes. Why am I doing this and why does it matter. Just keep writing and see what comes up.
- b. Keep asking whys until you can go no further.
- c. Create a simple why statement. You can use this as your intention as well

Setting intentions is the act of stating what you intend to accomplish through your actions. It's a commitment to what you want the journey to be about as you move on or move up. When you are intentional about something , your focus is in the moment : who you are, what you do, why you do it. What is your intention for doing this work?

5. Building Belief – The Biology of Belief

What is the placebo effect? Science has studied and verified this many times. Sometimes just

the thought that you are getting better can yield amazing results even if no remedy was actually taken.

Napoleon Hill makes the case that it is scientifically impossible to conceive of something in your mind and **believe** that you can do it, and then not be able to achieve it. The very fact that you can picture something in your mind and believe that you can accomplish it, means that you can. Isn't that powerful? The belief part is **very, very important**. If you can conceive of something, but don't believe that you can do it, then you won't.

Being consistent with the subconscious reprogramming techniques we need to find examples from our life of times we succeeded. Follow the steps below to create a belief Narrative and statement.

Instructions:

1. Write an exhaustive list of the reasons why you believe you will have the life and business of your dreams. Include your skills, talents, education, philosophies, experiences, personal characteristics, support systems and anything else you can think of.

2. Use complete sentences and the word "I."

3. Write as much as you can. Notice as your feelings and emotions begin to swell. Write until you can't think of anything else to write.

4. Stop, take a break, and then come back to your Belief Narrative and start writing again.

5. Do this three times! This serves two purposes. First, when you take a break and then return, you will be able to go much deeper and uncover things that aren't right at the surface. Second, each time you continue working on this assignment read what you have already written. This will help get you in the right mindset and strengthen your belief in what you have written so far.

Belief Narrative Example:

"I will have a successful business because I'm great with people and completely believe in the products I represent. I really care about my clients and their success. I'm a great listener and my positive, energetic and motivating personality inspires and encourages people. I have a great attitude, I'm persistent, committed and motivated...I also have excellent sales and marketing skills, critical for growing a business.

(Elaborate here on past accomplishments and achievements!) Focusing on the past helps the brain recreate future success, it can recognize and the RAS will start to seek it out!

RECAP:

- 1) Success list – start by making an excessive list of every win small and large. 2) Make sure to Include Challenges (try to see how they are actually wins) – what did you learn, how did you survive?
- 3) Reflect on all of these items and make a Belief Narrative – which is a paragraph talking about all the times you were successful or overcame challenges.
- 4) Summarize this into a single **Belief Statement**

Belief Statement Examples:

“I can accomplish anything I put my mind to.”

“If I can conceive it and believe, it I can achieve it.”

“I can be, do and have anything I want.”

“Nothing can stop me when I go for something I really want.”

6. Bringing in Emotion - Feeling is believing

This is a very powerful exercise to do after an Elemental Rhythm Breathwork Experience. As you know in that state you enter a highly suggestible brainwave state and also an emotional state of gratitude. Remember being in a state of gratitude attracts abundance into your life.

Remember repetition plus emotion reprograms the subconscious mind.

7. Getting Clear – What do you really want?

Many people get lost in life because they don't actually know what they want. Any think in terms of material things and don't even focus on how they want to feel but rather how they think things will make them feel. In this next exercise you will meditate or be guided through an ERBE and afterwards be asked to reflect on each area of life. See what comes up and write it down this will be the foundation of creating the future you.

- 1) Think back to the way you want to feel. Ask yourself some of the following questions how do I want to feel in each of the following Areas:
 - a. Mental - Life / Growth / Learning / Expansion
 - b. Emotional /
 - c. Health / Physical / Diet
 - d. Relationships / Family / Friends / Career
 - e. Career / Business
 - f. Financial / Abundance
 - g. Consciousness / Spirituality Life Purpose

h. Other – any other areas not listed above?

2) Things to keep in mind

- a. Don't dream too big – you need to believe its possible even if its just a little
- b. Don't dream too small – make it a stretch, believe in yourself.
- c. Make it Yours! - Make sure its what you want not what people want for you.
- d. Timelines - Choosing the wrong timeframe
- e. Keep the End in mind - Don't worry about the how, there are many roads to get there.
- f. Embrace the chaos. – an extension of e. sometimes the route will look like a dead end or worse. Remember sometimes the current situation may need to fully implode or explode to create something new. If none of the old programs work in the new reality you may need to start from scratch, and sometimes a disaster may be perfect. (fire story – set you free)

Take notes and reflect or get your client to share with you and you will write them down and read back what you are hearing. This process will be refined over time and will always be changing as you (or your client) get more in tune with your feelings, intuition and getting clear on what is important and the areas you are blocked. Remember the 5 Why's if you get stuck anywhere.

Write about what you accomplished, how it feels and what it means in your life.

8. Refining the Vision

1) Reticular activating system – this part of your brain will seek out whatever program you put into it. Think about the last time you were looking for a car? How many times did you see it on the road. When we are cavemen this helped us to find food, shelter etc. What programs are you currently giving to your RAS?

2) Letter to self – here is where the integration really starts to happen. Take everything above and start to write it down.

- a. Your Letter to self – start by writing a letter from you future self to you in the present moment. It is important not to tell you how things are going to be but from a place of them having already happened. For Example...

Dear Renee,

The last year has been the best of my life... We have

From there create a short paragraph for each area of life and tell yourself how you feel and what it looks like. Remember always start with feeling first.

9. Daily Integration

- a. Decision Statement
- b. Your Why and Intention
- c. Belief Statement
- d. Letter to self

You should have all of these written down and keep somewhere you will see them daily, in your bathroom, on your nightstand, in your car etc. It is good to read them to friends and family and really start to believe it is all possible. Get into a state of gratitude first and then remind yourself of what is being created right now.

You can also record it on your phone or any device and listen back to it at any time or even set the audio as your morning alarm.

Feel free to refine it over time as things change and as you think of other things to add or evolve into. There is no right or wrong here.

As you listen back and find areas of resistance or blockage these are good areas to focus your mindwork tracks on with your client or coach.

Turn this into a part of your daily routine / ritual

1. Breathwork
2. Gratitude
3. Reflect on your CVP Letter