



# *Start Your Year Right™*

*Design Your Best Life Vision and Your Manifestation Plan*

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*Workshop 2*

**VISIONING**

**METROPOLITAN MARRIAGE & FAMILY THERAPY, PLLC**

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## *Start Your Year Right™*

*Design Your Best Life Vision and Your Manifestation Plan*

*There is no such thing as work-life balance!  
Reach for Integration Instead...*

**Let's take a few moments to imagine your ideal life...**

What time do you get up in the morning? How do you get ready to embrace your day? What do you do during the morning hours? What do you do for lunch? What do you do during the afternoon hours? Do you work? What kind of work do you do? What other activities do you do? How do you transition to your evening? Who do you spend your evening with? What do you do for dinner? What happens after dinner? What time do you retire for the day? Who do you sleep with? How do you sleep?

Where do you live? Who do you live with? What does your home look like? What does your workspace look like? How are the people around you? Who do you spend time with? How is your support system? What support services do you have in place? What luxuries do you afford yourself? What are your toys? Where do you vacation? How often and for how long? What other time off do you have? What are your "work" hours?

How do you take care of yourself? What are your interests? What are you involved in? What are your goals? What is your Mission, your Purpose? How are you embracing your purpose? How are you contributing to the world?

How have you grown, healed and evolved? Who has your back?

### **It's All About Energy**

**As you may know, everything is energy** - The Universe is made up of energy. Our world appears as is because we observe it and engage in it with our limited human senses. But everything is made up of different concentration of energy particles giving more or less substance to what we observe. And, this obviously applies to what we can't see as well... Because we can't see it doesn't mean it doesn't exist...

Energy exists / behaves like waves which have different vibrations (positive or negative) depending on the concentration and movement of its particles (like particles concentrate together):

Denseness has lower vibrations (physical) - negative

Lightness has higher vibrations (spiritual) - positive

**It all IS** - According to quantum physics, and other bodies of knowledge, there is no such thing as time and space as we know it. There is no past or future. It is all happening at this moment. We only have a sense of time passing and it being linear, again because of our limited abilities to fully experience our Experience... The Present is All there is at any giving moment, it includes the past and the future as we conceptualize them...

Imagine Existence as an Eternal “field of energy” with peaks and valleys of pockets of concentration of energy that appear as galaxies, worlds, oceans, lands, peoples. It is all happening at the same time, and it is All interconnected. There is no separateness or delineation. We are all in the same space. We are all One... This is where science and religion meet...

**We are Spiritual, energetic beings having a human experience** - We lose sight of this because we get caught up in our limited thinking, which is only a cognitive tool we developed to help us navigate and manifest our experience. The way we use our thinking is limiting and oppressing, we let it define a lesser version of our True Self. We don't use it well to help us fully Live our life, or Be in our world - including our relationships... We have been conditioned to let it blind us to the Truth, to our Brilliance, and to our Potential – our pure joy, happiness and Love.

**What we focus on exists** – Our thoughts are energy as well! What we think comes to be... What we focus on comes to be... It is just a pocket of concentrated energy... We literally create our world. The World as we know it is a manifestation of our collective focus. There is a world consciousness Shift happening now, where people are awakening to this and to their potential... People are beginning to own their power, their magnificence, and are focusing on make the World a better “place”.

This is the foundation of the positive psychology field and brain science. Minding our thinking is so extremely important. Remember also that our thinking creates our feelings, which drive our actions... Our feelings and actions are energy as well...

What we focus on comes to be! What we resist, persists...

**What are the implications of this in our life? In our relationship(s)?**

## *You Are Responsible for Your Own Vibration!* *This is how you Manifest your Life...*

Have you noticed that feelings/emotions have a different feel to them – light or heavy?

<b>0</b> ----- <b>50</b> ----- <b>100%</b> <b>Negative</b> <b>(heavy)</b>	<b>0</b> ----- <b>50</b> ----- <b>100%</b> <b>Positive</b> <b>(light)</b>
Disappointment, loneliness, lack, sadness, confusion, stress, anger, hurt	Joy, love, excitement, abundance, pride, comfort, confidence, affection

If we insist on having dirty thinking and limiting believes, not getting support nor cleaning our house, keeping to our self sabotaging routines, habits and behaviors including feeling negative feelings – is it a surprise that we create more of the same in our life and relationship??

**We have control over all this - Happiness is a choice!!**

We can proactively stay in the positive 50% and live the Life we are meant to live... We can use the negative feelings to guide us on our next steps to take care of our selves and our situation. Translate the feeling into an actionable self-care item...

We are to be super intentional and diligent about how we interpret our situation, the thoughts and perspectives we choose to entertain, and address any subconscious limiting believes still running the show...

## *Why Goal Setting*

**Goals are the oxygen of your Dreams!** Goals flow from vision and give excitement to life. Goal setting is one of the most important things you'll ever do in terms of managing your self. This is one of the secrets of very successful people. Only 3% of people set goals, and only 1% write them down! It's a wonder that anyone accomplishes anything remarkable in business and life.

People don't set or keep up with their goals:

- Feeling unworthy of the end result...
- Lack of motivation to change
- Lack of a real destination
- Fear of success and/or failure
- Don't know how to do the goal setting process
- Lack of commitment to the goal
- Analysis paralysis
- Failing to plan
- Having too many goals
- Inactivity

Goals give you longterm-vision and shortterm-motivation. They help you know what "frog to eat" (Mark Twain). They help you organize your activity and investments for better results and creating what you Desire. As you make progress, this increases your self-esteem that impacts all areas of your life... They give you:

- Clarity
- Motivation
- Laser focus
- Doability
- Accountability
- Resilience
- Evolution

## Set SMART Goals:

### S – Specific

- \*Who: Who is involved?
- \*What: What do I want to accomplish?
- \*Where: Identify a location.
- \*When: Establish a time frame.
- \*Which: Identify requirements and constraints.
- \*Why: Specific reasons, purpose or benefits of accomplishing the goal.

### M – Measurable

How much? How many? How will I know when it is accomplished?

### A – Attainable

When you identify goals that are most important to you, you begin to figure out ways you can make them come true. You develop the attitudes, abilities, skills, and financial capacity to reach them. You begin seeing previously overlooked opportunities to bring yourself closer to the achievement of your goals. You grow and expand to match them... When you list your goals you build your self-image. You see yourself as worthy of these goals, and develop the traits and personality that allow you to possess them.

### R – Realistic

To be realistic, a goal must represent an objective toward which you are both willing and able to work. But be sure that every goal represents substantial progress. A high goal is frequently easier to reach than a low one because a low goal exerts low motivational force. Your goal is probably realistic if you truly believe that it can be accomplished. Additional ways to know if your goal is realistic is to determine if you have accomplished anything similar in the past or ask yourself what conditions would have to exist to accomplish this goal.

### T – Timely

A goal should be grounded within a time frame. With no time frame tied to it there's no sense of urgency. With a deadline then you've set your subconscious mind into motion to begin working on the goal.

### Add the Punch

- Really want them
- Write them down in the present tense and in positive language
- Visualize and Emotionalize them
- Make them Tangible (to be experienced with the senses!)
- Design a Plan for how to achieve it, Implement it and Systematize it
- Review your progress weekly and tweak the plan as necessary
- Create Accountability for them
- Celebrate once achieved

### The secret to staying the course

Set up a system to work your goals using Behavior Pattern Repetition so you take out the flakiness factor.

And, don't overload yourself with gazillion goals. Select 3 Focus Areas to work on. Select areas that if they were drastically changed you would feel pretty darn good about your life.

### BONUS

Create *Goal Cards* with the SMART Goals – read them, visualizing and emotionalizing, everyday before bed.



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