

The Five Steps to Becoming More Values-Focused.

Step 1: Open Up to Limitless Visioning. Limitless visioning is the context in which you identify your life purpose. It is an attitude of openness and faith that you can have what you want if you can simply envision it. Limitless visioning is grand and abstract and sets the stage for the next step, Active Imagination.

Step 2: Practice Active Imagination. Active imagination builds upon limitless visioning by making what you want more concrete. In active imagination you create a sensory rich image of what your life will be like when you are doing the right thing.

Step 3: Write Your Own Creative Eulogy. Creative Eulogy further enriches the image of your future life, by adding the element of how people will remember you when you are gone. When you write your own eulogy from the point of view of the people you leave behind after you die, you help to solidify both your limitless vision and your active, sensory rich image of the future.

Step 4: Create a Personal Statement of Purpose. Finally, you must boil down what you have discovered in these first three steps into a personal statement of purpose; a statement of what your life is going to be about from today forward. It will include the valence of your overall vision, the sensory rich images of your future life, and a taste of how you will be remembered after you die.

Step 5: Determine Your Personal Goals. Once you have written your personal statement of purpose, you can begin to work on identifying the major Personal Goals that are naturally implied by that purpose.

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Step 1. Open Up to Limitless Visioning

Exercise 14. Five Questions to Clarify Your Personal Vision of Life

What is your overall vision of life? (the big idea, main desire, limitless vision). Here is a list of questions that can help you open up to your life vision.

Procedure.

Using paper, a word processing file or some sort of learning journal, write down these questions, one per page, and make quick notes.

- 1. What do you value the most in life?** Name the five most important values or qualities that you want in your life. These are what you consider to be the most important, what you would pay the most for, sacrifice the most for, take a stand for.
- 2. What are the three most important goals in your life right now?** Take only 30 seconds to answer this question. It is most likely that what pops up first will be what you really want, and that careful consideration will allow you to censor these goals because you are afraid that they are unreachable, or at least not sure. Remember, "a goal is a dream with a deadline."

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3. What have you always wanted to do but been afraid to attempt? Whatever it is, the fear that holds you back can be overcome.

4. In looking back over all the things you've done in your life what activities or circumstances gave you the greatest feelings of fulfillment? mental wellbeing? self-esteem and self-worth? This is a key indicator of where your personal niche can be found.

5. What would you dare to dream if you knew you could not fail? Imagine that you can have one wish that would allow you to realize anything you wanted. What would you want?

These questions will help you define your Vision of Life. If you can write down the answers to these questions, you can devise a plan to create whatever you write down.

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