



By Jessica Cooke

Welcome to your Vision and Goals Workbook. I invite you to print out this workbook, find a quiet room and go and spend some time on yourself. A nice cup of tea or coffee, a quiet place, this workbook, your journal and a pen is all you need. If your house is crazy, go to a cafe, order a coffee and get stuck in.

This workbook will remain completely private to you.

The purpose of these check-ins is to get you to focus on the bigger picture of yourself, figure out exactly what's happening, where you're at, and where you want to be. What's holding you back, and to try and help you see things in a new way. Each month will be different.

My mentor once told me that if you could only find one thing that changed your mindset in a positive way, from a book or a seminar, then that would be a book well read, time at a seminar well spent.

The same is true for this workbook. If you came away from this workbook having changed your mindset on one thing, then this workbook would be very worth doing.

Every week you do a weekly habits checklist which focuses on your fitness, nutrition and daily healthy habits. Working on yourself once a month, reflecting, looking at the bigger picture is absolutely critical for growth too.

I hope you enjoy this exercise,

Jessica Cooke X

P.S Book recommendation this month is Psycho-Cybernetics by Dr. Maxwell Maltz

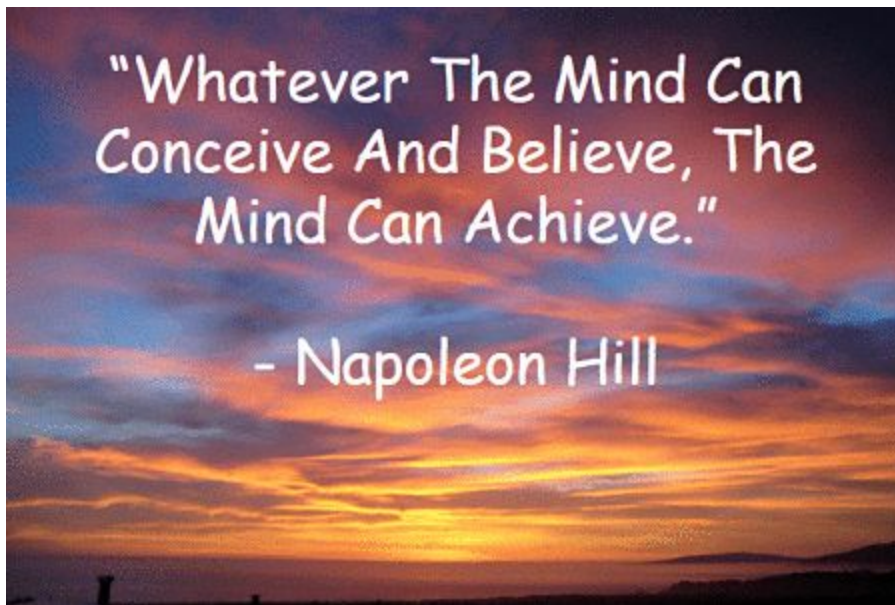
Your Vision

In almost all cases when we did consultations and started probing to find the root cause of our clients' problem, it was usually the same- a weak or vague vision of their goals.

Where's first base?

Vision is First Base, it's the starting point for all we do.

Without a clear precise vision of what you want, there is not much hope.



Believe and Achieve

Possibly the most profound statement ever made.

The basis for starting to understand the power of vision.

The human being is the only animal that can see into the future, determine its own future, and distinguish itself from another.

Vision is the single greatest power human beings have.

Understanding Vision:

What is vision and how it works?

- Vision is our imagination at work
- It's what we see in our minds' eyes.
- It's the master plan we create for ourselves(good and bad)

Psycho: The Mind

Cybernetics: Steering mechanism



Psycho- Cybernetics

The concept is simple: put the target (vision) into your mind and the auto-steering process will guide you to that end. It always does.

This is true with both good and bad vision- **you will become what you think most.**

Why is visualisation so important?

All of our successes and failures are determined by how we see (mind's eye) ourselves now and in the future.

Why is visualisation so important?

Remember, once the target is set you you'll be automatically guided to that end.



How to best use what we know about Vision?

- Long term: the 1, 3, 5 and 10 year
- Short Term: Practical daily functions
- Self-image
- **Long Term Vision:**

Gives us a glimpse into what can be.

Ten years sounds long but should be done. Take a few minutes every day to work on your long term vision.

Imagine what you want your life to look like. Make your vision as realistic as possible.

Write it all out. Do a vision board. Be open to change.

What does your life look like? Where do you live? What are you doing?

Once you have the image, continually work on it.

Now start the 5 Year Vision

Where do you need to be in 5 years to support the longer term vision?

Where are you in 5 years? What does it look like?

Adding emotion to Visions help imprint and unleash the automatic guidance

mechanism.

One Year Vision:

Start setting very specific goals.

Each time you set a specific goal you reinforce the vision, which allows the automatic guidance mechanism process to occur faster.

The Theater of your Mind by Dr. Maxwell Waltz

Always keep in mind the more clarity you have, the more exact your response will be.

Work on your vision every day, just 15 minutes in a quiet room is brilliant.

The Theater of your Mind by Dr. Maxwell Waltz

Self-image.

See yourself as you want to see yourself. Visualise yourself fit, healthy and in control.

Visualise yourself the way you want to be. The mind or nervous system does not know the difference between a thought and real experience.

Visualise yourself every day succeeding at your vision.

High performance people from all walks of life use this process to enhance their performance and shorten practice time.

It has been proven over and over that mental practice is just as effective as physical.

You may have heard of this basketball study or a different one with similar results.

A study conducted by Dr. Biasiotto (spelling corrected 8/4/14) at the University of Chicago was done where he split people into three groups and tested each group on how many free throws they could make.

After this, he had the first group practice free throws every day for an hour.

The second group just **visualized** themselves making free throws.

The third group did nothing.

After 30 days, he tested them again.

The first group improved by 24%.

The second group improved by 23% without touching a basketball!!!!

The third group did not improve which was expected.

What are the action steps you need/want to take to lead you to your 1 year Vision:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____
- 11. _____
- 12. _____
- 13. _____
- 14. _____
- 15. _____
- 16. _____
- 17. _____
- 18. _____

How close are you now to your dream lifestyle.

What would it take for you to be truly happy and content? (it's probably closer than you think)

What are your Core Values?

(Your guiding principles and beliefs. These guiding principles dictate behaviour. Core values also help companies to determine if they are on the right path and fulfilling their goals by creating an unwavering guide. There are many different examples of core values in the world, depending upon the context.)

For example my core values are Authenticity, spirit of adventure and a commitment to learning.

Knowing your core values can help you make important decisions. 'Is this line with my core values?'

What are your core values?

- 1. _____
- 2. _____

