

Sample Vision Statement

I am so happy and grateful now that we (I) own(rent) the perfect house for us. It has 1800sf or more. It has 3 bedrooms, 2.5 baths, a fireplace, hardwood floors and is sun-filled. I love that the house feels happy and bright to me, it is cozy and inviting. The master closet easily holds all of our clothes in an organized manner. We have two sinks in the master bathroom. Sitting in the living room I feel at home and happy.

We use the third bedroom as my office that has a built-in book case and room for an easy chair. I am organized and ready to work. We have a large 2 car garage so we can easily fit our garage stuff and 2 cars in it. This house has a lot of storage.

We have a great patio that has a view of the water. I have my tea out there every morning while enjoying the warm air and feeling gratitude for all of the abundance in our lives. We can easily afford the mortgage payments and taxes.

I am so happy and grateful now that I treat my body with love and respect which is evidenced by the fact that I am in the best shape, physically, mentally and spiritually of my life. I eat healthy foods. I work out four times a week. I feel great no matter what clothes I am wearing. I consistently weigh _____ lbs.

I am able to hike, run, ski and jump as often and as much as I want and my body feels good doing so. I am flexible. I wake up excited about the day. I easily stay focused and enjoy taking action steps that move my dream forward.

This example is of a life coach.

I am so happy and grateful now that I have a successful business as an Inspirational Speaker and Life Coach. Work is fun and rewarding. My clients are committed to making changes in their lives now, they easily and joyously invest in themselves through me. They are always referring new clients to me. They are on time to their appointments and look forward to them. They pay in full up front. The work I do makes a powerful and positive difference in my clients' lives. My clients are able to make decisions, take action and see the results, I feel a connection with them. I am presenting at least _ workshops or talks per month. I am generating ____ per year. I easily tithe 10% and give to the charities of my choice.

You can talk about how many clients, sales whatever it may be that you do a month.

I have as much free time as I like to work out, walk on the beach, meditate and explore whatever I enjoy. I am using my time productively and wisely. I continue to apply transforming life mastery tools to my life. I feel whole and happy.

I am so happy and grateful now that I have a few good women friends. Talk about your relationships with your family, friends, your children as you would love it to be.

I am so happy and grateful now that I am married (dating, live with) to a man/woman that I truly love. We love and respect each other. We are very positive in our conversations and approach to life. We go paddle boarding and riding our bikes on the strand often. We travel as often as we want. We spend long week-ends in SF, NYC and go to Hawaii. Once a year we take a big trip. We just got back from Paris. It was even more fun than I expected. Paris was so fun and romantic. We had one especially memorable evening of roaming the streets of Paris and then eating dinner at a little café. Our conversation was so rich and optimistic, we laughed so hard where we

couldn't stop. It felt soooo good. We have a fun, flirty, romantic, supportive and loving relationship. We really listen to each other, allowing the other to process whatever is needed while keeping in mind that everything is possible. There is a lot of laughter in our daily lives. We have a strong heart connection that we do not take for granted; we continue to nurture it every day.

I am so happy and grateful now that I am in harmony with how the universe works. I feel my connection and communication with God growing every day.

I have all of this or something even better still.