

Find Your Vision

by Erin Keam
Vision and Wardrobe Whisperer



“In order to carry a positive action, we
must develop here a positive vision.”
— Dalai Lama

Why You Need A Vision

A vision is a clear and specific idea of what you want to have, achieve, create or do. A vision is a mission statement and representation of our innermost wishes and goals. Another way to think of a vision is as a rudder for a boat. Without direction, a boat floats aimlessly or is carried by the tide and wind. With visions, you need to dream big – then start with one tiny step. There's always a way to have a part of your vision in your life right now through small actions. Here are some guided exercises to help you discover your vision.



What do you want to have in your life?

Write a list of everything you would have in your life if you had no restriction. Imagine endless money, time, resources and skills. There are no limits!

Examples:

- *A house with a view of the water*
- *Your own plane and a puppy*
- *30 pairs of Jimmy Choo's*
- *A stunning kitchen*
- *More employees*
- *An amazing spouse*



Your Turn:



What do you want to create?

If you had an abundance of time, money, love, resources, support and skills, what would you create?

Examples:

- *A novel*
- *A podcast*
- *music*
- *Art*
- *A new business*
- *A community garden*
- *A new charity*
- *Your own clothing line*



Your Turn:



What would you like to achieve and accomplish?

Imagine you have unlimited education, training, encouragement, money and abilities.

Examples:

- *ATedTalk*
- *A bestselling non-fiction book about something you are passionate about*
- *A marathon*
- *Taking your family on a trip around Europe*
- *An Oscar*
- *A pilot's license*
- *A degree*



Your Turn:



Create Your Vision In A Tangible Form

This is where you craft a concrete version of your vision. Take every answer from your sections and choose a way to represent ALL of them. No need to choose, they are all important.

Why do we do this? Imagery and words are a way of stating intentionality. Whether you believe in manifestation (bringing forth your wishes into reality) or not, there is something empowering about putting all the elements of your dreams together in one form or another.

There are many ways to express this – here's some suggestions!

Vision Board

One way to have a clear vision is to make a physical vision board. You can have a lot of fun with this, making it as creative as you want. Gather images and words from magazines or other materials and attach them to cardstock, in a journal, on a picture frame, on a bulletin board or any other surface that appeals. Hang or place this where you can see it daily. Glitter optional! (One client used feathers, sequins, ribbons and shells to decorate hers, another preferred a piece of plain cardstock).

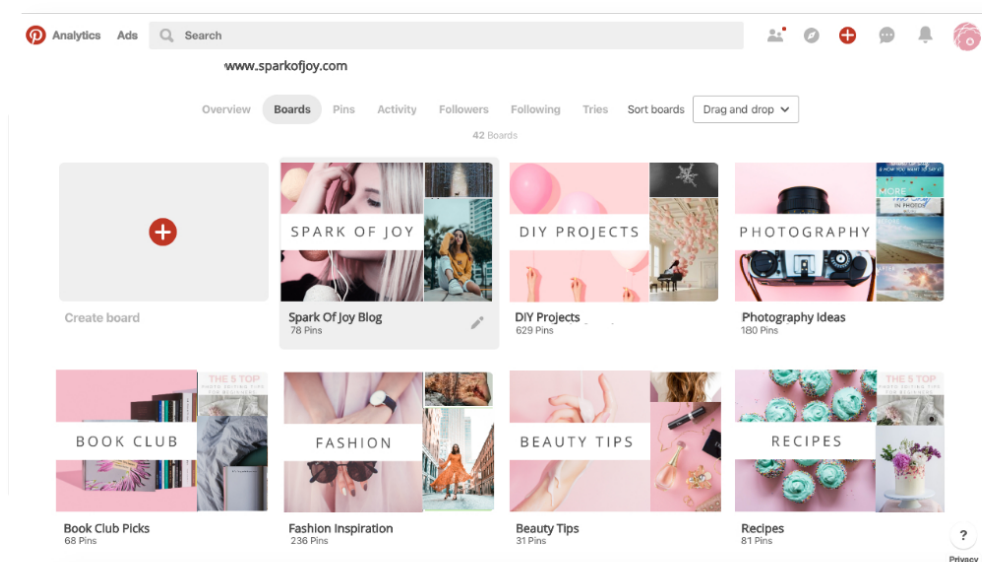


Digital Vision Board

Choose words and images from search engines such as Google or sites that offer free images such as unsplash.com. Copy and paste them onto a word document. You can keep it on your tablet/PC or print it out and attach it where you can refer to it often. One client placed hers inside her closet, so she'd see it every day, another framed hers, while one kept hers in a folder on her desk.

Pinterest

This can be a great way to gather images and quotes that speak to you. There is an abundance of material to choose from. If you want, create different boards for each section.



Art

This requires no talent or ability, just a willingness to try. One client loved to sketch, while another had fun drawing and writing with crayons. Another painted every dream on a very large vase!



Poetry, Music

Write a song about your visions. Even if no one else ever hears it, you'll have a great time singing it in the shower. If you love poetry, explain all your desires in a sonnet!



People You Admire

If you know of someone who has your ideal life, or there are several that combined, exemplify what you want, use photos of them as your guiding star. They can be from the past or present, you have all of time to choose from!



Ways To Delve Deeper

The Ideal Day

If you've never done this, it is sometimes referred to as "dream casting." Write a description (or just visualize if you prefer) your ideal day. Let your imagination run wild! Picture where you wake up, who is with you, what your surroundings are like. How does the rest of the of the day (and evening) evolve?

For example:

I wake up in Paris and have croissants and café au lait on the balcony. I wander the streets with my spouse before a visit to the Louvre. We Facetime our children, who are happy and safe. We nap in the afternoon then I have a virtual meeting with my business partner to discuss expansion. We have a late dinner at a restaurant nearby, which has a wonderful wine collection. I fall asleep reading a new book by an author I love.

I wake up alone in my peaceful and spacious apartment, grab breakfast on the way to the set where I am starring in a movie that I feel passionate about. My assistant picks up my dry-cleaning, books an appearance at a charity event and arranges for a vegan meal to be delivered to my home that evening. I'm staying in because I'm practicing for my piano concerto later that week.

I wake up in my home that overlooks the water with my dog sleeping on my bed. My significant other is in the shower, we co-own a multimillion dollar business.



I get ready for my yoga class and confirm lunch with my best friend. I have plans that night to work on my novel, though I might decide to take out my boat instead.

Your Turn:



What are your values?

If we are undecided about what is important to us, one solution is to look at our values. A value is a belief that we hold close to our heart, such as fairness, honesty, creativity, freedom.

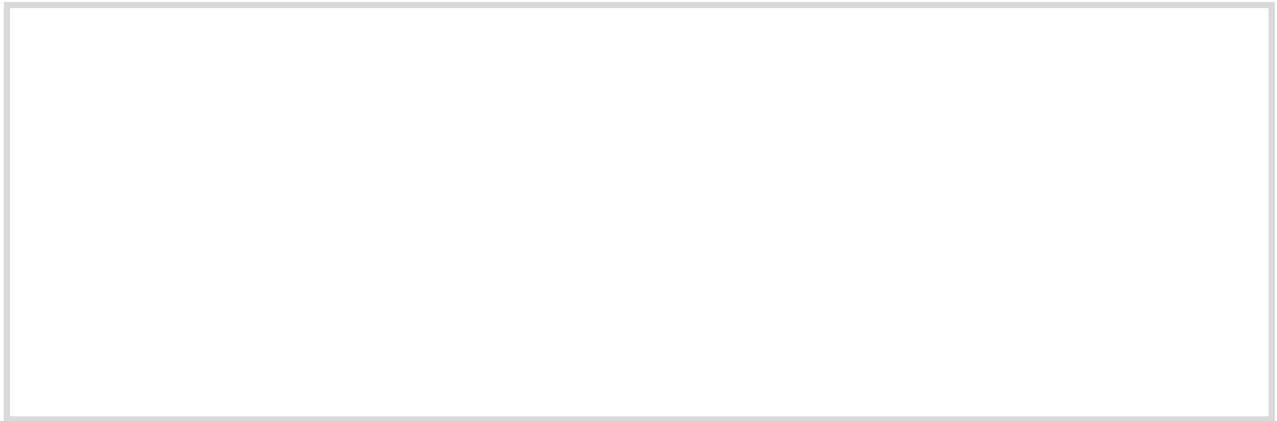
Here is a list of some values people resonate with:

Authenticity	Compassion	Openness
Success	Creativity	Competency
Fairness	Friendships	Adventure
Knowledge	Growth	Fame
Autonomy	Inner Harmony	Kindness
Balance	Learning	Humor
Happiness	Beauty	Contribution
Boldness	Poise	Reputation
Meaningful Work	Loyalty	Stability
Challenge	Citizenship	Authority
Honesty	Achievement	Popularity
Community	Fun	Influence
Faith	Religion	Wealth
Determination	Self-Respect	Love
Leadership	Spirituality	Optimism
Curiosity	Justice	Recognition
Peace	Pleasure	Respect
Trustworthiness	Responsibility	Security
Service	Wisdom	Status

What are your top 10?



If you could only choose five, what would they be?



Those are your most important values. Add them to your physical vision representation or make a new one specifically for your values.

Look for the negative!

Sometimes, the easiest way to define what it is we do want in a career, a partner, a home, a lifestyle is to identify what we *don't* want and then write down or visualize the opposite.

If you don't want to work in a busy office, then depict a peaceful one.

If you don't want a home in the suburbs, then find an image for one in the city.

If you don't want a partner who drinks alcohol, then visualize someone who prefers mineral water.

If you don't want to cook or clean – imagine a chef and a housekeeper!



What *don't* you want?

So that means you want...



You can integrate your vision into your wardrobe!

To say thank you for completing this exercise, I'd like to offer you a FREE 30-MINUTE VISION SESSION with me, Erin Keam, founder of The Happy Wardrobe. We'll talk about your vision and whether a clear vision of your style would help you achieve what you want in life. wardrobe. No obligation, just clarification!

Book Now!

Wear Happy!

Aroha,

Erin

425 802 6771

erin@erinkeam.com



“Things can be really empty in this world, and I don’t just mean the music world. It can become a very meaningless place if you don’t really understand: ‘Who am I? Why am I here? What am I doing?’ To feel fulfillment and have a deeper lever of understanding, personally, that is the most important thing.

— Alicia Keys

