



GUIDELINES FOR CREATING AN INSPIRED LIFE VISION

An Inspiring Life Vision is a tool taught at the University of Santa Monica (they call it A Living Vision). It's something you write, in service to giving yourself inner direction, harnessing your creative inspiration, and allowing the Universe to assist you in your vision.

Writing an inspired life vision is truly one of the most powerful and effective action steps you can take in support of your heartfelt dreams. Once you learn this tool—it's one you can use over and over again to support yourself in envisioning and co-creating all areas of your life.

You can write an Inspiring Life Vision for your business, romantic relationships, your home, your relationship with yourself, your garden and more!

Allow the following guidelines to support you through this process:

1. Write the vision in the present tense as if it's happening right now—like it's a movie that you are watching.
2. Put yourself in the vision as the hero! This is YOUR life.
3. Use vibrant, descriptive language to give yourself a real sense of what this vision looks and feels like.
4. Be sure to include your INNER experience—how does this change impact your inner life, your sense of yourself, and the quality of your experience?
5. You don't need to write about HOW the changes happened—you just want to include the results.
6. Include why this change matters. How has the rest of your life improved? What is the impact on the other people in your life?
7. Allow yourself to stretch as you imagine what's possible. Make your vision 50% believable. (So, it may not be 50% believe to go from making \$20,000 per year to making \$1,000,000 a year in the next four month). But this means your vision can be 50% unbelievable to you right now. It's your fantasy—make it a good one.
8. Be sure to include the phrase—"This or Something Better For the Highest Good of All Concerned"—if the Universe has something better in store for you, you don't want to limit yourself!
9. Allow yourself to tap into your creativity and let the vision flow. We are here to support you with feedback and guidance after you send us your first draft.



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And, if you feel stuck by this process here's a great way to get unstuck: Set a timer for twenty minutes—and sit and write. Don't "over think" it. Don't edit it. Just let it flow.

At the end of twenty minutes, if you'd like to post your first draft and you can email it to me at aloha@terraann.com, and we'll look at it and totally fine if no!

The most important thing is getting your draft in motion – not getting in perfect! This is a living document that's subject to continuous change and revisions as you live with it.

The sample below is a real vision that Michelle Baughman did for a last-minute trip she did with her sons to visit her sister before her sister moved to Europe. When she wrote this vision, she was a nervous wreck – she had never traveled alone with her young children – and so many details of the trip were up in the air. It turned out almost exactly as it's written on the page! WOW—it felt like a miracle.

SAMPLE - MY INSPIRING LIFE VISION

NEW YORK CITY TRIP

Intention: My intention is to have a joyous, easy, grace-filled trip to NYC with my kids to visit with my sister and her family and to experience a deep connection with all, which will build a foundation for our beautiful, heartfelt relationship.

I am so grateful for the opportunity to travel with Alex and Logan to NYC to be with family and to connect with my sister. I really acknowledge myself for stepping up to the opportunity of being there for my sister Karen, her husband Nicola and my nephew Emilio and also, for embracing this incredibly special time with my sons.

We are all so excited for this spontaneous trip. Everyone gets involved in packing and planning. The boys are so helpful and they have great ideas about toys, games, activities and snacks for the plane. All of our clothes easily fit in one suitcase and we easily pick out clothes that will layer well no matter what the weather.

I'm so thrilled that we find the perfect place to stay in the city overnight on Saturday. It really is so perfect and so close to my sister. It provides an easy way to stay in the city – and it gives us a place to call home so we aren't on top of Karen and Nicola. The price is great too!!



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Scott's Aunt Wendy is waiting for us as we get off the plane. The boys are adorable with her. They really love being with Wendy and her husband Bob—it's a special place for them. We get to see the boys' Great-Grandma and we have a great dinner.

Everyone enjoys at evening at the Steiner's. The boys are tired and we easily go to bed. Bedtime is easy and joyful throughout the trip.

The ride into the city is joyful and fun. The boys are delightful as we make our way to Karen's apartment. I'm glad I have cash to pay for taxi and stuff. I'm able to easily make choices that make my trip cost effective, but graceful—like where to eat and when to take cabs.

The timing about when we stay where and when we see who works out beautifully—it is so graceful and obvious—it works really nicely. I even get some time alone! Everyone helps me. Throughout I see my kids as people with their own needs and wants and not as obstacles. We related to each other in a beautiful, loving way.

Seeing Karen and Emilio is a thrill. The cousins are amazing together. They love each other so much. We are able to really help Karen by taking care of the baby. We are all so happy just to play with him. And he is clearly in love with both boys. Alex and Logan really step up to the whole experience and they help every step of the way!! Nicola is terrific too—this trip is a way of deepening my connection to him as well and to demonstrate my love and support.

We eat great food, but I get plenty of exercise—and I make really healthy supportive choices for myself. I feel great in my body. I have plenty of opportunity to participate in my Spiritual Practices and my other schoolwork.

Seeing the boys' Great-Grandma was very special. The boys are extra sweet with her and they love playing bingo. They take extra care to be loving with her and there is no drama about Logan's long hair. We have plenty of time with her and she is thrilled to see the boys.

Logan really matures on this trip – he goes with the flow, he wears long pants instead of shorts, he's flexible, he eats well. It's a joy to see. Alex also is sheer joy. He is sweet and respectful and helpful—he shows his sweetest self.



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We even have time for some fun New York adventures. It's great! We love walking around. We go to Time Square and the Empire State Building – the boys are great walkers and they love the adventure.

I am so connected to everyone. My heart is wide open. I feel so grateful for this trip—it's one we will all remember. I'm lucky that I even get time alone with my sister. And Nicola is so great to support us having some time alone. We are very bonded and we really get to feel and experience the depth of love we have for each other. Of course, we are sad because these opportunities are so rare, but mostly we are grateful.

We enjoy celebrating Wendy's birthday with her. We make her feel special and we enjoy the celebration!! This trip helps to bring me closer to Scott's sister Elise—in invisible ways—I'm grateful to her for the idea. Monday night and Tuesday are very special. We enjoy Scott's cousin Howard and his wife Shari and some other surprise visitors! We really enjoy playing with their daughter Rachael—the boys again demonstrate their loving with family and babies in particular. I get wonderful time with Wendy. It's very special and connected.

**EVERYTHING IN THIS LIVING VISION IS AFFIRMED WITH
THIS INTENTION: THIS OR SOMETHING BETTER FOR
THE HIGHEST GOOD OF ALL CONCERNED.**