

# FROM VISION TO REALITY

Why is having a vision important? Having a clear Vision means asking What do I want? and Why do I want it? When we have a Vision of our Ideal self we can mentally, physically and emotionally work towards creating small daily actions that, with practice and consistency, become habits.

Without a clear Vision our actions are unfocussed. We go about our day to day tasks on autopilot. Having a clear Vision means we can give more energy to the things that align with our Ideal self .



**Visions can be long term or short term. We get to be creative and specific , we get to dream big and challenge ourselves. But most of all we commit to something that we are passionate about.**

**So, how do I use my Vision? How did my Vision serve me over the years?**

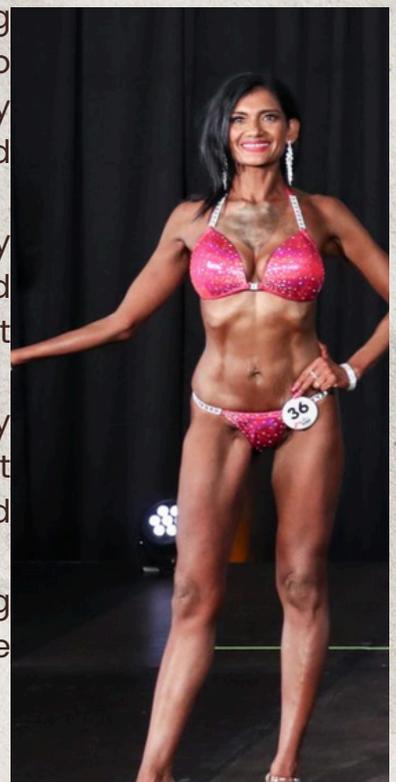


In the '90s, my Vision was to compete in a bodybuilding competition. That was my WHAT. My WHY was I wanted to create a lifestyle where I would be physically fit, mentally challenged and disciplined and have a body that allowed me to do everything I enjoyed doing with ease.

When I experienced medical problems with my pregnancy I fell into poor habits around eating and exercise. I gained weight, I was unable to do the things I loved to do, I felt awful. I had given up my vision.

After I renewed my Vision to compete I was able to turn my habits around and stick with it despite setbacks. Though it was tough on some days, my Vision kept me motivated and on my path.

In May of 2024 I stepped on stage for my first bodybuilding competition at 50 years of age. That accomplishment gave me a new surge of confidence in myself and my abilities.



My WHY, took me through a journey of Lifestyle change, I worked on getting me holistically healthy again.

I coached myself to be mentally and physically disciplined and self motivated. Through the process, not only did I become physically fit, but I have also learned how to maintain a healthy workout routine and diet, listen to my body and enjoy my journey.

The competition was my Vision , but the journey became my Lifestyle.

## HOW TO CREATE A CLEAR VISION

**Get your Journal and a pen, take 10 minutes to write down your Vision.**

- **Take off the filters. Dream big. Stay relevant**
- **Focus on what you can control.**
- **Focus on relationships with people rather than their behavior.**
- **Use a Vision Board or a Journal to keep you on track.**

**AND**

- **ENJOY THE JOURNEY:** celebrate the small wins, love the person you are growing into.

## Takeaways

**Having a Dream and a Vision of your future is FUNDAMENTAL to building your ideal life. When you identify what your ideal life looks like, you can make it a REALITY.**