

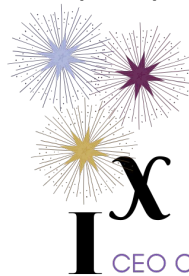
Vision Casting Introduction

What follows "I am" is what we invite into our lives. Joel Osteen

The energy we put into the world is the energy we attract. It requires focus and effort to express this without giving power to our perceived deficiencies. **I have energy is the inverse of I am exhausted and so attracts exhaustion.** This exercise stretches our thinking to help us **set clear intention** that defines who we want to be and create in the world.

The invitation is to stand in a future of fulfillment and abundance. It is not limited by what you know or have experienced. It trusts that you have the power to create the future you desire, but first you must know your intention before you can live in it.

There are several prompts to guide your visualization. It is not necessary to complete all of them, and you are encouraged to **begin with the prompt that speaks to you the most.** Use as many of the prompts as needed to create a rich tableau of you as a happy and fulfilled person, achieving your purpose.



Ignite Your Extraordinary

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INSTRUCTIONS

Stand in Your Future as fully as you can and capture a 360° view of your experience. Be bold, everything is possible – this represents **your ideal with no limitations.**

PART 1: MY IDEAL FUTURE

1. Immerse yourself by activating your senses – see, hear, smell, touch
2. Don't filter or analyze, capture pure thoughts – use secondary worksheets or blank paper
3. Review each list and circle top 3-5 ideas & transfer onto “My Ideal Future” worksheet
4. From “My Ideal Future” worksheet, complete “Synthesis” worksheet

PART 2: MY BREAKTHROUGH

Standing in your future and looking back, use the following prompts to help you name the key things/results that propelled you to this place.

1. What strengths within yourself, your team, your company made your future possible?
2. What opportunities & trends in the larger economy, business environment, etc. did your capitalize on in reaching your ideal future?
3. What weaknesses within your skills, your team, your company did you resolve?
4. What threats in the larger economy, business environment, etc. did you address?

WHAT AM I DOING?

HOW DO I FEEL?

WHO IS AROUND ME?

WHAT AM I CELEBRATING?

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MY IDEAL FUTURE

WHAT ARE OTHERS SAYING?

ABOUT WHAT AM I EXCITED?

WHAT ARE MY PRIORITIES?

PART 2: MY BREAKTHROUGH

Standing in your future and looking back, use the following prompts to help you name the key things/results that propelled you to this place.

INTERNAL to your Company/business; unique to you

- Customers
- Financial results
- Partnerships/alliances
- Location
- Marketing
- Sales
- Processes
- Investments (tools/people...)

EXTERNAL – broader context; applies to more than you

- Economy
- Marketplace
- Competitors
- Business context

STRENGTH LEVERAGED

WEAKNESS MITIGATED

OPPORTUNITY SEIZED

THREAT MITIGATED

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MY IDEAL FUTURE

Synthesis to Enhance & Clarify Intention

Who am I?

What matters to me?

What is my focus?

What energy am I creating/attracting?



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