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# Vision Clarifier

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*Identify what you want  
to create in your life.*

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## Kat Lessin

Helping creative entrepreneurs architect their dream life.

## Vision Clarifier

### The Art of Vision

How to Identify what you want to create in your life.

When you start the journey of designing and creating your ideal life, the first step in the process is to collect and organize your thoughts, ideas and desires. It is very common people starting on a new journey to have a rough idea in mind, but very little vision or clarity of what they actually want their entire ideal life to look like in the future. This clarity exercise will help you to organize all of your thoughts, which will make your desires more **attainable** and **actionable**.

Suggested Tip- It is also important to capture these thoughts and ideas in one document, notebook or location. Make sure all of your thoughts are together in one location.

For many people, the vision that they create using this process is very different from their current reality. You may have a job you don't like just to be able to pay the bills. You may be an artist who is unfulfilled creatively, or you may have started the process of creating a better life. Maybe you started a business but it's still not what you originally had envisioned (your ideal).

This exercise is to help you clarify the picture of your ideal future. Make sure that this vision is something that you really truly want to work towards. Does it light you up and give you a reason to live in a bolder way? Are you dreaming big enough? Is this really the ultimate big picture you have for yourself? Know that the vision is useless without a strategy. Having a plan in place to act on is vital to create the ideal life you desire. It is very important to create a strategy that is unique to you and your circumstances. Cookie cutter solutions are largely ineffective and potentially harmful to your success.

## **Clarity**

### *Step 1:*

Create a vision, a picture of your ideal lifestyle.

Use the following questions as a guide; please also add your own questions if you feel inspired to do so. Assume money is not an issue, you have plenty. Also do not get lost in the HOW, you can work on the action steps later, first you need a vision before you know how to make the picture a reality. This is where you can dream, you have permission to be bold and truthful in this process. Think big picture as well as detailed. Your vision is a detailed description of where you are going.

*What do you really want in these areas of your life?*

#### a) Business/Career/Finances

Remember for this exercise, you don't have to follow the rules or have a typical career path but also remember money is not an issue or a limitation.

In your perfect ideal world is there work you would enjoy doing?

Would it be a job or a business you start? Are you self-employed and in business for yourself or with a partner? What do you want to do to make money?

What would you create, make or provide? What service(s) would you provide?

What kind of things did you enjoy doing in past jobs or careers? Any noticeable themes?

What do you think you would be great at doing? What are you good at? Or what could you be the best at?  
Or what would you enjoy doing?

What kinds of people would you work with? What is your work schedule, your hours?

Would you work from home, an office or virtually? What would your office environment look like?  
(Modern, clean, organized, open) What does it look like?

What is your desired/ideal annual income? What does your cash flow look like? How much money do  
you have in savings and investments? What is your desired net worth?

b) Your Purpose & Cause

If the rest of your life were perfect and handled well, how would you make an impact on the world?

To whom do you contribute time, energy, creativity, money and or brain power too? Do you contribute to your family? Your community? The environment? Child abuse survivors? What are your causes? What do you strongly believe in? What makes you most angry about the state of the world?

What makes you the happiest in your life? How can you help others? What are you passionate about? What are you most afraid of for the next generation? What legacy would you leave behind? Does your business or company have a cause?

c) Friends & Family: Creating Your Ideal Relationships

How many friends do you want in your life? A core community or a select few?

Who do you want in your life? Do they drop by spontaneously, or set up days/weeks in advance? Do your friends know each other? Are they creative? Are they supportive? Are they wealthy? Are they interesting? Are they warm and open? Are they busy, high strung or stressed? Are they passionate?

What is the quality of these relationships? What do they feel like?

Ideally how would you like your relationship with your family to look like? Do not let history stop or block you here.

d) Romantic Relationship

From your partner(s), do you want a commitment for life, or a commitment for right now? What kind of commitment do you want to make?

Is your romantic relationship exclusive or one where you explore other relationships? What are the limits? Children?

Do you have a partner now? Do you want one? What are you looking for?

e) Enjoyment & Experiences: Free time and Recreation

What do you want to learn?

What makes you happy? What excites you?

What makes you feel accomplished and good about yourself?

Where would you want to learn?

Where would you want to travel? What have you been putting off?

What are you most proud of in life thus far? How can you duplicate or further develop results?

Do you enjoy sharing experiences with other people?

What did you dream about as a kid?

What do you do in your ideal lifestyle? Hobbies? Garden, paint, dance, visit museums, read?

When you gather with friends or family what you do most?

Do you travel? Where too? How often? What do you do when travelling? What do you do for adventure?

f) Self-Care

Self-Care is one of the most overlooked aspects of Life Architecture. Try to quantify these answers as much as possible,

What will you do to care for yourself and your spirit? How will you prevent burnout?

How much energy would you like to have?

How much sleep/rest will you need on a regular basis?



What kind of body do you want? (healthy, flexible, fit) What does your diet and eating look like? Do you exercise? What do you do to move your body?

How much water are you drinking per day?

Do you take daily walks to get fresh air?

How much rest and peaceful time do you have regularly/weekly?

How many hours/week do you take off from work? Do you design your week for a four day weekend?

How do you dress?

What daily rituals do you partake in that supports your energy and success?

Any spirituality or religious practices? Are you open, relaxed and in an ecstatic state of bliss all day?

Are you full of vitality?

g) Home Environment & Location

Where do you want to live geographically? In a suburb, in the country or in a city?

Do you want a house, an apartment, condo or co-op? Do you want to live near or on the water?

Is it a friendly community? What is the climate like?

What does your living space look like and feel like? What are the important features? A yard, a garden, a large kitchen?

In each room think about the lighting, artwork, decor, colors, smells, vibe, plants, neat & tidy or messy & carefree. Do you have a maid or housekeeper?

Do you have roommates or housemates?

What does your view look like? Do you have a personal shopper to run errands for you?

What does your transportation or car look like?

What style is your furniture?

Any other important features or possessions?

What does the community look like when operating perfectly?

What kind of activities take place there?

h) Personal Growth and Self Improvement

Do you see yourself going to school or getting new training?

Seeking therapy to heal past hurts or to grow more?

Do you attend personal development conferences regularly?

Grow more spiritually?

Do you want to learn how to play an instrument?

Write a book, an autobiography, poetry, short stories, start a blog?

Learn a language?

Run a marathon?

Attend an art class?

Read 3 books/month?

i) Additional:

Anything not covered that you want or need to add.

### **Gut Check!**

*Step 2:*

Read through your vision, asking yourself “Where have I played small? Where have I not dreamed big enough? Where have I not been honest with myself? Am I holding back anywhere?” Modify and adjust the vision accordingly. It is normal for your vision to shift and evolve over time but we also don’t want to miss or omit any vital pieces to your ideal life.

### **Challenging Ingrained and Conditioned Beliefs**

*Step 3:*

Read through your ideal vision once more. During this step ask yourself: “Which of these are the crucial elements here?” Many of the elements that you have written down are central to who you are and what you value. Some things might be what OTHER people want or want for you. For example an \$8 million dollar penthouse may sound nice, but is it what you actually want? Check in with yourself: Where did the idea of the \$8 million house come from? Why do you want it and what does it symbolize or mean for you? Circle, highlight or mark only the elements of your vision that are really important to you.

### **Belief, Deserve and Effort**

*Step 4:*

After breaking down all that is possible in your ideal life do you believe it possible for you to have this lifestyle?

Do you really truly feel that you deserve this life?

Are you willing to have this lifestyle for yourself and your loved ones?

Are you willing to make this happen - to work and create it?

If yes, then we can continue. If you answered no to any one of these questions, start to search and identify what is holding you back and why. Also step 6 may help you to move past these blocks.

### **Order of Importance and Priority**

*Step 5:*

Figuring out where to start first is where many people first get stuck in the early stages of Life Architecture. Using the letters a-i, to identify each area, starting with the most pressing and important to you right now.

**Note of caution:** If your highest priority is also the hardest to achieve, start with an area that is still important but slightly easier to achieve in a 1-2 month time period. This will help you to generate early forward momentum and action which will then build into the other areas and aspects of the process.

### Benchmark Bite Sized Breakdown

*Step 6:*

For the first area of priority that you chose in step 5, write down below the top 7 actions that need to be done to attain your ideal lifestyle in that specific area. Make sure one is going to be started on this week. A plan without action behind it is useless.

What Action?	By When?	Completed
1		
2		
3		
4		
5		
6		
7		

As your coach, I can help you to balance the analytical and creative mindset and process. I had a client who often sacrificed her creativity for her analytical strategy and vice versa. Part of Life Architecture is to honor and actively work with both equally.

Be sure to schedule your first two actions into your calendar so that you will act on it. Remember not to take it too seriously, have fun with this. Enjoy the process and the journey! After all you are now playing a bigger game for yourself.

Ready to take your strategy to the next level?

Email me and tell me what it is you want to achieve. I read every email I receive.

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