

POWERFUL PROJECT

TEENS AND ADULTS

JANUARY
2015

VISION

Vision means: To clearly imagine our goals and if we've already achieved them. To capture a strong vision, we must imagine ourselves achieving our goal and SEE it, SENSE IT, SAY IT, BELIEVE IT so we can ACHIEVE IT. When you think through the moment you will achieve your goal, what or who do you see? How do you feel? What do you hear? What do you say to yourself? And perhaps most importantly, do you believe you can achieve this goal? As Dr. Robyn Silverman said in a presentation on goals; "Dream as if you've been to the finish line. A true test of clear vision is an unmistakable sense of déjà vu once a goal is realized." Take a tour through your senses and develop your vision below.

State Your Goal:

SEE it: What do you see when you achieve your goal?

SENSE it: What do you feel, hear, taste, touch or smell when you achieve it?

SAY it: What do you say when you achieve your goal?

Do you believe it can happen? What/who keeps you positive?

First & Last Name: _____