

HOW TO CREATE A COMPELLING VISION

A Must Have Step to Creating a Life You Love

Published by:

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Introduction

(A Letter from Inspired Life Solutions founder, Patti Tatro)

Dear Aspiring Soul,

You are forever seeking a freer, fuller, more expanded life through the expression of YOU. Just like the acorn has within itself the expression of the mighty oak tree waiting to emerge, you too are a greater version of yourself.

I want to take a moment to acknowledge and honor your desire to grow, to improve your life and in doing so, improving the lives of those around you. Simply by virtue that you are reading this letter right now, tells me that you are an avant-garde person – an individual who is courageous enough to seek out their passion and purpose to make a positive impact on the world.

I have had the privilege of serving as an Energy Healer for over 30 years. I have spent decades in the study of the invisible side of nature, energy medicine, self-development and transformation, practicing and implementing these tools and principles, ultimately serving as a Transformational Coach certified with Life Mastery Institute. As an Energy Healer one of my passions in life is helping people to align their energy centers and clear their energy field allowing them to live in the higher vibration energies where it is easier to connect with source energy. As a Transformational Coach, speaker and teacher, there is no greater joy than to help someone achieve their dreams and manifest their heart's desire.

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I have had the opportunity over the years to work with hundreds of people and through Inspired Life Solutions I have been able to combine the concepts of energy healing with a proven coaching system of transformation which is a surefire way to get results.

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The Language of Success

There is a language to success. There is a language, a pattern, a system to creating the results we want and once we consciously understand what this language is, we can then apply it to any area of life we want to improve.

Look at your life right now. Is there an area of life you want to improve?

- Maybe you are doing great financially, but your relationship needs some improvement.
- Perhaps you're happy with your partner, but having difficulty finding a job or paying your bills.
- Maybe you're working too many hours and you are putting your health at risk.
- Or perhaps you simply want more time with family or the ability to spend time doing the things you love.

How about your goals and dreams? Is there something you want to be, do, or have?

- Perhaps write a book
- Get a promotion
- Be your ideal weight.
- Maybe something just feels missing and you're not even sure what you want.

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In this eBook you will discover:

- The Pattern for How Your Results are Created.
- 2 Hidden Signals the Universe is Sending You Right Now
- The #1 Most Powerful Question You Can Ask Yourself
- The Steps You Must Take to Create a Compelling Vision for a Life You Love.

So let me ask you, have you ever achieved a goal or dream in the past, but when you started out you had no clue how you would accomplish it? I'll bet the answer to that question is yes! You see this proves a point. We are all far more capable than we know.

Maybe you even accomplished that goal or dream faster than you thought possible or you achieved a bigger goal than you had anticipated. Maybe you even surprised yourself in life.

Once we realize our point of power is within, once we become aware that we are greater than any condition, circumstance or situation we face, amazing things are possible and life flows with ease.

Now the interesting thing about our goals and dreams is where they come from. Our goals and dreams, if you think about it, are often born out of the challenges we are facing or the pain we are currently experiencing in our life.

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Reverend Dr. Michael Beckwith

“To Change our lives we are often pushed by pain until we are pulled by a vision”

I will bet most of you, who are interesting in creating a life you love, have an area of your life where there is a challenge or an area of life that is causing you some pain. Truthfully, we all do because we are alive and that is what life is. Life challenges us so as to cause us to grow.

Life will send us two growth signals. These signals are Longing and Discontent. The longing, the hunger for something you have yet to achieve and the discontent (dissatisfaction) with what’s going on in our current conditions and circumstances. It was these two exact signals that caused me to change my life.

My brother was diagnosed with a rare aggressive peritoneal cancer and given only a few months to live. He, like many others faced with death, upon reflection, regretted not what he had done in his life, but what he had NOT done; the dreams and goals that were left unfulfilled, and expressed those all to familiar words “I Really Wished I Had...”

Those words broke my heart, and caused me to reflect on my own life and a dream I had long ago placed on a someday “to do list” rose to the surface. That dream was to teach the personal development, transformational skills, and spiritual principles I had been studying, practicing and implementing in my own life for 30 years.

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Now I was working a job, in fact it was a very good job and I was good at what I did. But there had been many changes in the industry and I found myself feeling like I was checking my soul in at the door each day I went to work. The joy and fulfillment the job once held for me was no longer there and yet I coped with it and endured it.

As fate would have it, shortly after my brother passed, we were called to a mandatory meeting at work. In this meeting it was announced that the company was being bought out by another company and if we wanted to continue to work we would have to apply to work with the new company. It was made abundantly clear that some of us would not be hired. I was shocked, angry, and scared. No one expected this announcement; it was a well kept secret. How could they do that after investing so much time and energy with this company?

So we were told the goals and vision for the new company, where it's going and how they saw us fitting into this dream and vision of the company. As I listened to them describe the future of my life, I knew that this was no longer what I wanted for my life. Have you ever been there? When you knew you wanted to make a shift. In that moment, I made a decision. Sitting in that chair, the president of the company is talking away and it got to a moment I couldn't even hear him talking anymore. I'm just in my own mind hearing my brother's words and I made a decision I was going to change my life.

I went home that night and the scary thing about that decision was that I didn't know how to do anything else. This had been my career my whole adult life; it was a steady paycheck with great benefits and I had no idea what I was going to do next.

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Although, I knew I wanted something different. And so the fear started to rise up in me, arguing for all the reasons this was not a good idea, why I was too old to change careers, why it would not be easy, but what's interesting about opportunities is they rarely come when it's convenient or when it's comfortable. I bet you have experienced this as well. In fact, opportunities tend to come on the other side of convenient and comfortable. But at the same time I was ready for something new. And there's that saying that when the student is ready the teacher appears. Well I was ready.

That evening when I logged in on line, I had an email from Life Mastery Institute. I didn't know that Life Mastery Institute had spent the last 40 years studying the science of success and what creates results, but as I saw that opportunity to be a speaker, teacher, coach, something in me just resonated. Even though I had never done anything like that before, I knew this was my new path; this was what I wanted to do. It was like the Universe was doing back flips in my favor answering my long ago dream of teaching. Have you ever felt that calling, there's something you want to do in your life that is calling you forth? That's exactly what I had so I signed up. It was scary, I didn't know how it was all going to work out, but I took the leap.

I went through a rigorous training program that they have at the Life Mastery Institute and got certified to help people master these principles and tools to help make any dream a reality.

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What's fascinating is they have done these different programs they have put together. One of them is called the Dream Builder Program where they have codified 10 success principles in a proven, reliable, repeatable system that when you apply these to your life it helps you take any idea that you want and turn it right into your own reality to create that dream.

In this eBook I am going to share with you the first step of building your dream, which is creating a compelling vision. This is a must have step and getting it right will make all the difference in getting you the results you want and creating a life you love.

I know that once you see the power of creating a crystal clear picture, of what is possible for your life; you are going to want to learn how you can navigate the gap and overcome the obstacles to bring this vision into reality. The easiest and fastest way this can be done is by following the Dream Builder Program with a mentor by your side every step of the way.

I am going to give you clear, concise information for creating a compelling vision to get you started and for those of you who resonate with this program and want to take it deeper; I have a gift for you that I will share at the end of this eBook.

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What Creates Our Results

We are creating results. We have no choice in that. As long as we are breathing we are creating results. Now there are 4 key areas in life where we are creating results. They are:

- Health and Wellbeing
- Relationships
- Vocation: income level, business, creative endeavors
- Time and Money Freedom: your ability to take vacations, to be do and have what you want.

Each one of us has created results in each of these areas.

So what's driving these results?

Let's talk about what is called the "Results Formula." The results formula is the pattern which is creating our results. It all starts with our thoughts. We have between 50,000 – 70,000 thoughts a day and as many as 98% of them are exactly the same as we had the day before. These are patterned thoughts. Even more significant, 80% of our thoughts are negative.

Now our thoughts cause our feeling or what we call our state of being.

So to keep this simple:

- If we have happy thoughts we feel happy and the physical response is often laughter.
- If we have sad thoughts we feel sad and may cry.

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- If we have scary thoughts we feel afraid and our heart may even begin to beat faster.
- If we just got a promotion we may be feeling very confident.

When you think confident thoughts you feel more confident. When you think fear based thoughts you feel afraid. So your thoughts literally affect your emotional state of being and your physiology.

Now your feelings by law must be expressed into your actions. When you're feeling confident you take confident actions, if you're feeling afraid most people freeze up and take no action at all.

And it's your actions that cause your results.

This is the Law of Cause and Effect.

Thoughts cause feelings, feelings cause actions, and actions cause results.

Yet 99% of the planet doesn't understand this. It's interesting, most of the world looks at their results, they look at their conditions, they look at their life, their circumstances, they look at their career, their spouse, their bank account; they call them their causes. Actually, there're too smart for that, they call them their what? They call them their because, I can't go after the dream I want, because I don't have enough money. I can't have the relationship I want because I am in the wrong town or I'm not the right look. I can't have what I want because, because, because. The true cause of our results is not our circumstances.

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Where's the first cause of our results? The first cause of our results is our THOUGHTS.

So what have you been thinking about?

If you want to know what you've been thinking about, look at your results.

Because your results never lie.

Look at the results in the 4 areas of your life. If you want to create new results in your life, you must begin with looking at your thinking, where your thoughts come from and how your mind creates a thought.

Now some people resist this idea. They first hear this and they don't like the idea that they are the first cause of their results.

Yet it is absolutely true.

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Designing Your Dream

What do you want for your Life? What do you really, really want? I speak to groups all over and when I ask this question most people have a general vague idea of what they want, but very few have a clear vivid picture of what they want for their life.

Let me tell you right now, it is essential to have a clear vision of what you want your life to look like. If you were designing a home, you would be encouraged to look at the different aspects of your life and how you would want your home to reflect that. What would you like your formal room to look like, your family room, your outside recreational area? Designing a blueprint for your home is no different than designing a blueprint for your life. You have to know what you want. You want to imagine and explore all the areas of your life and what you want them to be like.

There is an old saying. No wind is favorable to the sailor who has no destination. You don't know how to set the sails or move the rudder.

The same is true for your life. Without a clearly defined vision you cannot build your dream.

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Clarity is Power.

What we now know about the human brain is that when you are crystal clear on what it is that you want, you wake up to circumstances, opportunities and resources that you would have otherwise missed. They are right in front of us!

In designing your dream you want to consider all the four key areas of your life. They are:

- Health and Wellness
- Relationships
- Vocation
- Time and Money Freedom

Now you can begin with the areas you would most love to improve, that matter the most to you right now, but you should include all areas of your life as this gives you the full spectrum of life.

When you are designing your dream, in order to create a compelling vision, there are some key steps to take:

1. You will be making use of your imagination in the creation of your vision. Now we all have an imagination. If you think back to when you were 4 or 5 years old, you had a very rich, vivid imagination. You wore the life of a cowboy, an astronaut, a ballerina, a doctor. Whatever it was you lived that reality with great clarity. The thing is as we grew older it was trained out of us. We were told to pay attention, get real, and stop daydreaming.

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2. It is important that you suspend any disbelief or doubt. Don't worry how it is all going to happen. Put the HOW on hold. We are only interested in the WHAT for now.
3. Imagine you are being handed a magic wand and you could create anything you want. So in creating your dream, think BIG. No dream is impossible. No dream is too big.
4. It is said that the quality of our life is determined by the quality of the questions we ask. To help unlock your imagination ask yourself this high quality question:

“What would I love?”

When you ask that question you will feel it has a very different vibration than questions like: What do I think I can do? What does the economy say I can do? What do other people think I should do? You will notice when you ask yourself “What would I love” you get very different answers from within.

Howard Thurman --

“Don't ask what the world needs, ask what makes you come alive and go do that. Because what the world needs are more people who have come alive.”

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5. In creating your vision you can image you have a time machine and you are powering forward into the future. Find yourself three years into the future and as you step out of the time machine you step into your life and it all worked out. Just imagine for a moment that your life is exactly what you would love in your life. Take some time to look around, see what's happening in your life right now. What are the results you are enjoying, what's going on? It all worked out, it all came together and quite frankly it was easier than you even imagined. Feel the joy in your heart and let that sense of joy build. Feel the sense of gratitude start to grow in you for this great life you're living. Really check it out. Who are you with, what's happening for you, what are you doing, what amazing results have you created? Now see this vivid picture and intensify it, brighten the colors of this picture, make it larger and more expanded. Bathe in the glory of this wonderful life.
6. You may come up with ideas, more clarity, things you hadn't thought of before you started this process or maybe you run out of ideas, didn't know what to write next. Didn't know what you wanted. That's OK. This is a muscle. Building clarity isn't a one and done time thing. You're growing at this. Great leaders, great successful people build this muscle of clarity through practice.

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7. The next step is to write your dream down while it is fresh in your memory. While you still have clear vivid pictures. Statistically, a person is ten times more likely to bring a dream into form if they write it down. Just the simple act of writing it down makes a difference. First of all, thinking it activates one part of your brain and speaking it activates a different part of your brain. Writing it down, the eye-hand coordination activates all your brain centers.

Your brain is a chemistry set for activating thought signals in the world. The thoughts we send out to the Universe will attract those of like kind.

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Your Vision Statement Is an “Energetic Blueprint”

Quantum Physics has introduced a relatively new concept that “everything is energy” and we are “energy beings.” This includes our thoughts which are measurable units of energy. Our thoughts create images in our mind and when we experience feelings (happiness, sadness, fear, confidence) with those thoughts, as we saw through the “Results Formula” process; all this energy has a creative effect on our experience of reality. Our thoughts become things.

Wallace Wattles --

“All the forms that man fashions with his hands must first exist in his thought; he cannot shape a thing until he has thought that thing.”

Our vision statement then becomes the energetic blueprint of the dream we want to create – it must first be in energetic form before it can manifest into physical form -- our reality.

Mary Morrissey –

“We are either creating a life by design or by default”

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Vision Statement Key Elements

In creating your vision statement there are key elements that will help you in creating a compelling vision of your dream – a life you truly love.

1. ***Keep It In The Present.***

It is important to write your vision statement in the present tense. Life energy organizes itself where it is directed so formulate your vision as if it is happening NOW in the present moment.

2. ***Generate The Feeling Of Gratitude.***

Wallace Wattles --

“There is a law of Gratitude and it is absolutely necessary that you should observe the law, if you are to get the results you seek.”

One of the easiest ways I have learned to generate and keep the feeling of gratitude came from one of my first mentors **Bob Proctor**. He suggests writing a short version of your vision statement on an index card beginning with the statement:

“I am so happy and grateful now that I...”

He suggests you place that index card in your pocket and each time you reach in your pocket and feel the index card you are reminded of your vision and your gratitude for receiving that which you desire.

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3. ***Paint Pictures With Words***

Another way of transmitting energy is through images, pictures that flash on your mind as you think of a specific thing. You want to create a vision statement using words that will impress a picture on your mind such as: “I feel joy as I see my daughter receive her college diploma with a big smile on her face.” “The view from my new house is amazing: I can see the sun setting on the Sandia Mountains.”

4. ***Be Specific and Detailed***

The Universe cannot send you what you want without a clearly defined vision. Saying you want a lot of money or to get a better job will not get you the results you want. What is a lot of money is variable to each individual, and a better job could be a job you still dislike. Examples of specificity are: What is the amount of income? Where is the job located? How many bedrooms does the house have? What are the characteristics of the man/women of my dreams?

5. ***Words That Feel Expansive***

Consider using words that lift you up, make you feel light and expansive. Words that have a feeling-tone of Yes! Yes I would love this life!

I Don't Know What I Want

There may be some of you who have no clue what you want next. You don't have a dream or a vision. You don't know what you would love. Don't despair, if you follow these tips you will discover an easy process for uncovering your deepest desires.

1. ***Listen to Your Longings and Discontent***

Look at the areas of your life where your satisfaction tank is not quite full. Where in your life do you want something more? What in your life do you want less of? Often times we may not know what we would love for our life but we surely know what we don't want. What you do want is the opposite of what you don't want. Using this information will help you discover what it is you would truly love.

2. ***What Would I Love?***

Continue to continually ask yourself this powerful question and pay attention to the answers you get.

3. ***Describe a Perfect Day***

If you were to describe a day that makes you feel excited, happy, joyful what would it look like. How would you spend your time, who do you share meals with, how many hours do you work, etc. Imagine and create a day you would absolutely love.

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4. ***What You Know For Sure***

Start with what you know for sure. What do you know for sure about your health, your relationships, and your job? i.e. “I know I want to work outdoors”, “I know I want to exercise daily”, “I know I want a significant other,” etc.

5. ***Invoke Your Higher Self***

Source information from a higher power; there is a part of you that absolutely knows the answers, so ask. You can do this by asking the question: What steps may I take today to discover my dream? Or substitute the words passion, or purpose. Stop and listen. Write down all the answers you get without judgment or editing. Choose the ones that resonate with you the most, prioritize them, and take action. You can also ask this question and journal as you listen to your soul’s response. The Universe will always answer your question so be open to receiving this information in multiple ways. You may see a billboard and a word will pop out to get your attention, it might be the lyrics to a song, or a chance meeting. You might receive ideas or inspirations through a conversation. Remain open and observant for the Universe will respond along the lines of growth and action already established.

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Summary

Now that you have created a clear compelling vision for the life you would love living, you might be noticing there is a gap from where you are and where you want to be.

There is an opportunity in front of you right now. You can continue to live your life by default, repeating the patterns of your past...or you can lay down the new tracks for your vision and cross the gap into your dream.

The thing is if it were that easy to change on our own we would all just go and do it. But that's not what happens. Most people who try on their own, venture out with the best of intentions, and sometimes things do begin to open up, but very quickly they find themselves sabotaging their own progress. Our old ways of thinking pull us back to what's familiar and we get distracted, dissuaded, or delayed when obstacles show up. Frustration builds and we hit a brick wall.

The best way to avoid this is to get into a proper structure of support. A proven coaching program which provides constant, space-timed repetition to help you overcome your limiting beliefs and install new Empowering beliefs on a subconscious level. Plus you will be working with a trained and certified mentor to help you see amazing transformation in the shortest period of time with the greatest ease and fun.

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Now as promised in the beginning of this eBook I said I had a gift for those of you who resonate with this material and so this is the opportunity for a gift.

If you go here right now:

www.PattiTatro.DreamBuilderCoach.com/contact-me

and fill out the contact information, you will be gifted with a Free Strategy Session. This is a \$250 value totally yours to pour into you.

A strategy session is a 30 minute 1:1 coaching conversation personally with me where we get:

- Crystal Clear on where you are
- Crystal Clear on where you want to be
- And help you discover the next most powerful step you can take to move you in the direction of your dream.

The wise philosopher Goethe said: “Whatever you can do, or dream you can, begin it. Boldness has Genius, Power, and Magic in it”

And So Do You!

I look forward to speaking with you soon.

Here’s to your Dreams!

Patti Tatro

