

VISION CASTING WORKSHOP

*Set goals you can actually achieve, rooted
in vision and intention*

Created + Hosted by **Amelia Bartlett**

Entrepreneur + Executive Coach



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ROOTED IN VISION

VISION IS THE MOST DISTILLED ACTUALIZATION OF INTENTION.

Ideas, goals, and projects are rooted in vision. When we imagine our intent, on a large scale or within the microcosm, what typically accompanies that intention is a vision.

- A vision of a world where children are not starving.
- A vision of a family that is happy and healthy.
- A vision of an exciting adventure that changes our very nature.
- A vision of financial freedom, your own home, your own business, a loving relationship, or an item you desire.

'Vision' is often identified as "daydreaming," or "wishful thinking," when in fact, if you have seen it and you truly believe that vision to be possible, it is.

IN THIS MOMENT, TAKE STOCK OF YOUR VISION.

Would you say you have a vision for your life? For your career or your business (or a transition from one to the other)? If you're still feeling fuzzy, take a step back and look at your dreams.

What did or do you want to be when you "grow up?"

What have you seen in movies, television, or in your social network that makes you think, "gee, I'd like to do that!"

EVEN IF YOUR VISION IS FUZZY, YOU'RE ON THE RIGHT TRACK.

Vision Casting precedes goal setting in every instance, though it isn't always a conscious activity. As you get more comfortable acknowledging and keeping your Visions top-of-mind, goal setting becomes easier with a clear starting point.

VISION CASTING IS THE IMAGINATION OF A DESIRED OUTCOME:

What –

When we imagine the possibility of our lives, we're often caught up in "what" it will look like. The things we'll have, the accolades we'll earn, the skills we'll study; all of the specific and tangible "whats" we will pursue. Yet, each time we think, "it would be nice to try that, learn that, go there," the thought stops in our imagination and often fails to become a reality.

Knowing what is paramount and bringing it to life is the only way to make it real.

How –

You may be familiar with the phrase, *If you know your why, the how will come!* And yes, I too believe this to be (partially) true. By contrast, there is a lot in 'how' that is shrouded in a blind spot we don't even know we have. If you've ever set a goal, or even imagined something you might like to try, yet not known how to start or how to pursue your aim, you're not alone.

Your vision should just as clearly identify 'what' it is that you want alongside 'how' that thing has been done. Learning from others and modeling after successful endeavors might just be the quickest way to starting something new, successfully.

Who –

Of course, this vision is yours. But, odds are, you're not the first person to visualize, pursue, or accomplish what you're after. Think of 'who' in the sense of vision casting as two different categories:

- 1. Who you will become as a result of your pursuit and success.**
- 2. Who models the outcome you're seeking, even just in a small amount, and can inspire your path.**

These illustrations of 'who' will come from role models, predecessors, and even strangers who you find to embody some or all of the qualities you're pursuing. It's important to cultivate a vision you can see and remain inspired by as you travel the long path to your outcome.

Where –

'Where' might be the scariest element of Vision Casting, because destination (and location) are big choices to make. For some, it's as straightforward as declaring the places they wish to travel. For others, it's as complex as deciding where their vision takes place in order for it to come to fruition as imagined.

Sometimes when –

I include 'when' because for some, the inspiration of a season change; the visualization of a specific time of year; even the curation of a visualized timeline is what it takes to bridge the imagination and real life.

BY CONTRAST: GOAL SETTING SOLIDIFIES THE MILESTONES AND INDIVIDUAL STEPS WHICH MAKE YOUR VISION A REALITY.



DISCOVERY

During the discovery phase, our aim is to clarify your vision and get to the root of what you want to create for the year (and beyond).

More often than I care to admit, I've set lofty goals based on something I saw on social media that inspired me. I've set goals that weren't aligned with my values, my capabilities, or even my interests simply because they looked really cool or were widely adopted by my peers.

I'd rather set goals that move me closer toward the life I imagine for myself than ones that dump me in the general sandbox.

UNCOVERING YOUR VISION PROMPTS: 20 – 30 MIN

Grab your notebook and pen and freewrite answers to these questions. Don't overthink, don't worry about spelling or grammar or formatting, and don't worry about ever sharing these answers with anyone. This is your Discovery phase.

What necessary changes do I feel compelled to make in your life?

What has been weighing me down?

How can I work with these affected areas of my life?

Where calls to my heart?

Who am I in my wildest dreams?

Why do I wake up every morning ~ and why would I if there were no restrictions or limits on how I spent my days?

What necessary changes do I feel compelled to make in your life?

*What would be possible for me if _____ were not impacting or
subduing _____?*

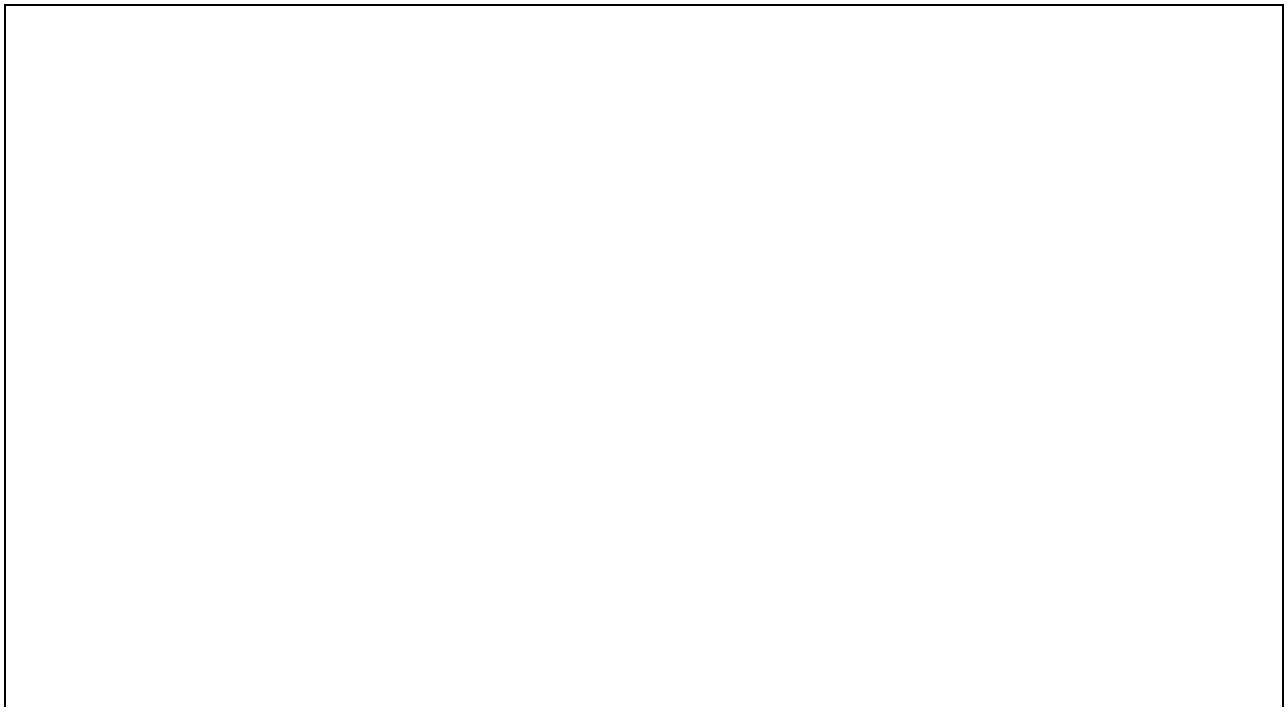
How might I express myself such that I am set free?

LIFE + DREAMS BRAIN DUMP: 5 MIN

Set a timer for five minutes and prepare to empty your brain onto the page. Let the words flow free with no worries for how it looks or sounds.

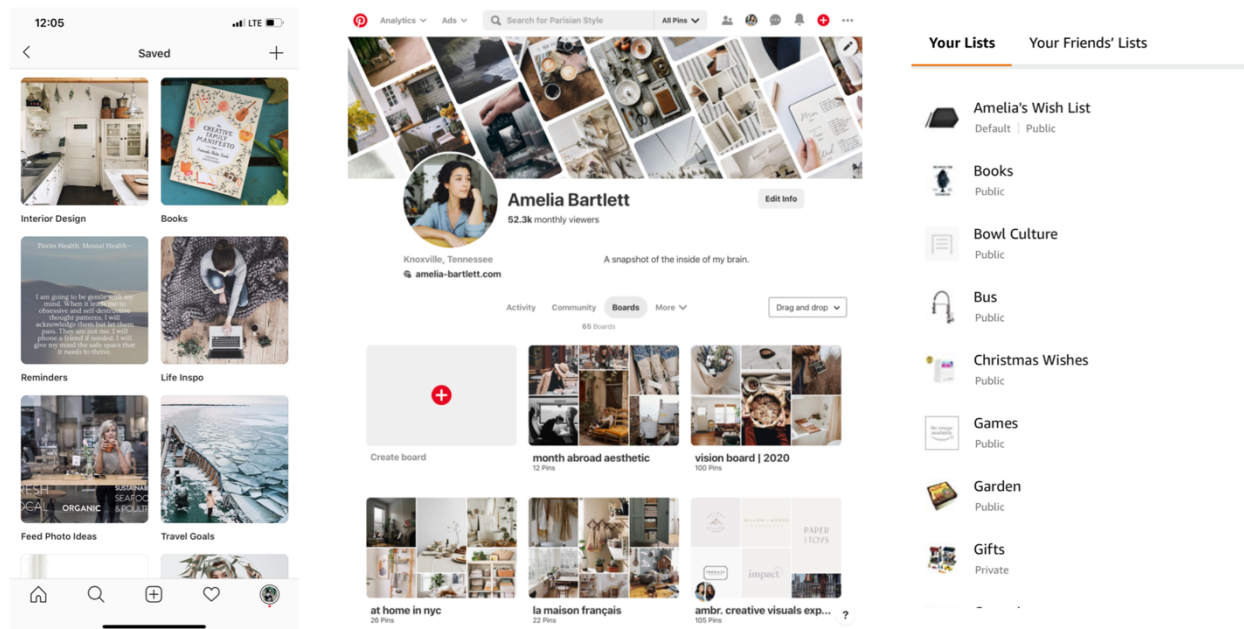
Some prompts to keep you writing til the buzzer:

- **All that I want**
- **All that I wish were possible**
- **All that I should already be**
- **All that would make my life better**
- **All that would make my dreams possible**

A large, empty rectangular box with a thin black border, intended for the user to write their brain dump during the 5-minute timer.

Aim for at least 50 'line items' in 5 minutes, though some may write over one hundred or more. Please repeat this activity as often as you need and apply the technique to any area of your life that needs a mental or intellectual reset.

REVISIT COLLECTIONS AND ROLE MODELS: 30 – 60 MIN



This one might be my favorite, as I am an avid collector of visuals. I'm constantly saving photos to Instagram, pinning to Pinterest, even saving screenshots to my phone or saving bookmarks for later.

Set aside at least thirty minutes for this activity.

STEP ONE: REVIEW ALL OF YOUR COLLECTIONS, INCLUDING:

- Bookmarks, 'Reading List' (for Apple users)
- Instagram Saves, Pinterest, Tumblr
- Saved photos
- Books (personal library)
- Past journal entries
- Wish lists (Amazon, Target, etc)
- Documents (which may include long-lost travel plans or half-written novels).
- And any other collection you've curated.

STEP TWO: IF APPLICABLE, REVIEW THE WORK AND COLLECTIONS OF YOUR ROLE MODELS, INCLUDING:

- Favorite artists or performers
- Influencers
- Writers or bloggers
- Friends and family
- Businesses or brands
- Makers or designers
- Organizations

STEP THREE: RECORD THE THEMES YOU DISCOVER WOVEN INTO YOUR BREADTH OF COLLECTIONS, WHICH MAY INCLUDE:

- Places to visit
- Activities or hobbies to try
- Projects to attempt (or complete)
- Life changes to make
- Skills to learn
- Items to acquire
- Lifestyle shifts
- Health changes or journeys
- Financial capabilities
- Confidence or self-love amplification

These themes are the shore from which we will cast our vision. Like a wide net, these themes represent a segment of your life that intuitively, you've craving to make a change, upgrade, or direct investment into - promptly.

Before moving on, revisit your answers to the journaling prompts and your line-items from the Brain Dump activity and benchmark those against your themes. **Do you see similarities or even direct correlation? Are you discovering new themes?**

LIST YOUR THEMES ~ YOU MIGHT HAVE THREE, FIVE, TEN, OR TWENTY-FIVE (OR MORE).

Ideally, we want to proceed with 5 - 10, depending on the specificity and relevancy of your theme. Keep your themes handy for the next activity. **Here are a few of my themes as an example:**

- *Replacing unhealthy habits with nourishing habits*
- *Expressing the hidden parts of myself (especially talents and interests)*
- *Completing or closing the "loose ends" in my journey*
- *Stepping into my true calling*
- *Discovering and honing my creative style*
- *Creating a healthier relationship with money where it is a tool, not a coping mechanism*

CURATE YOUR 2020 VISION BOARD

For the sake of this planning series, we're going to narrow our Vision Casting to 2020, though you're welcome to expand your sights to five, ten, or life plans as you see fit. Personally, my loose five-year plan is punctuated with major milestones (Visions) which inform my yearly (smaller) milestones, goals, and activities. You're welcome to go as big or as specific as you like.

In the curation stage, we're compiling visuals that directly relate to our vision for the year. In this case, we're working on 2020, which - like any period of time - is held to boundaries and limitations unique to each person's circumstance.


Rather than *limiting* your vision, we're going to tailor our vision to what we can feasibly accomplish within a 12-month timeframe.

TAILORING YOUR VISION: 10 - 15 MIN

Before we jump into curation, let's take stock of our life's creative parameters:

What are your non-negotiables? *Children, pets, bills, job (that you do or don't want to swap for a different way of making income, your choice!), health, family, relationship, business, or otherwise.*

What are your priorities? *Happiness, balance, adventure, growth, stability, repair and rebuild, celebration, healing, etc.*



CONSTRUCT YOUR VISION STATEMENT

Now that we have our visual inspiration for the year, it's time we make a formal declaration.

For this final stage of Vision Casting, I want you to construct your vision into a definitive guide whose specificity, detail, and intention make clear the goals to be set.

You don't have to be a writer to make a declaration for your year. Use the prompts below to construct your vision statement:

This year, I am focusing on [insert themes as a sentence or a list]

because my vision for my life is much clearer than ever before. To bring this vision to life, I will [insert activities pictured in your vision board as a sentence or a list]

with respect to _____.

I have seen these visions and I truly believe in their reality, and therefore they are so. In the weeks that follow, I will construct goals, milestones, and steps which make possible these visions. And, I will give myself grace as life inevitably shifts the course of my ship.

With these visions, I know that my life can and will be greater than ever before.

Signed, [your name in your most artist-y signature you can manage]

VISION: CAST

Congratulations! By completing all of the activities in this workbook, you have cast your vision for 2020 and are ready to root your goals in clear intentions. As you ideate on your goals for 2020, taking into consideration your tailored limitations and non-negotiable priorities, refer to your Vision Board and Vision Statement for inspiration.

If you don't yet feel confident in your vision, if it still seems fuzzy or you feel like you're torn in too many directions:

1. Write down what has you stuck: *the amount of themes or directions you wish to go, not feeling confident that any of your ideas are the "right idea," feeling overwhelmed by the size and scope of your vision, not understanding one or more of the activities, etc.*
If you're stuck on an activity, please ask questions or reach out.
2. Revisit the area where you feel most confident about your collected information (either the written prompts or the visuals review) and re-present the themes for yourself.
3. On a sheet of paper, divide your writing area into two columns:
 1. Themes
 2. Priorities + Non-negotiables
4. Complete those two columns and recognize the parallels between the two. *Some themes may directly relate to your priorities, like spending more time with your family and spending less time completing the day-to-day monotonous tasks in your business.*
5. In cultivating your vision, it's most important that what you see resonates with what you imagine, and that both resonate with what you truly want. You may need to take some time slowing down to listen to your intuition, and if you're having trouble in that area, it might just be saying something you don't want to hear. *Be brave, you have only this life, and you are undoubtedly surrounded by resources for change.*

Display your Vision Board and Vision Statement where you'll see them daily.

Share this activity with a friend or family member who could benefit from this work.

Created + Hosted by Amelia Bartlett

Learn more about Vision Casting and planning at www.ameliabartlett.com

Send any messages or questions to amelia.r.bartlett@gmail.com
