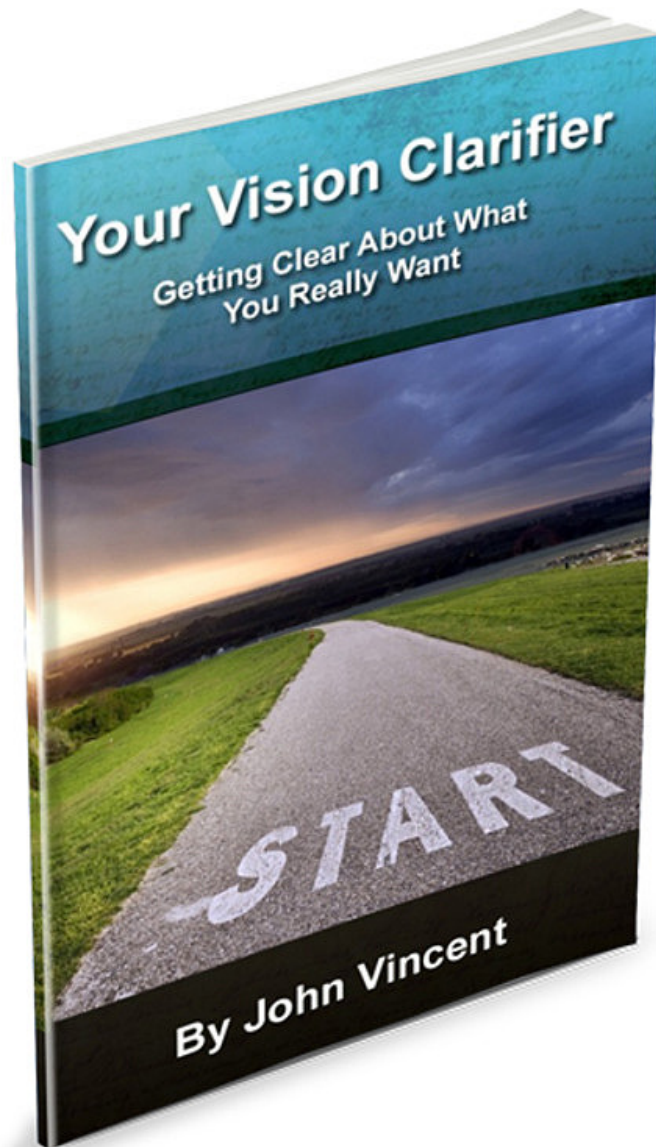


YOUR VISION CLARIFIER

GETTING CLEAR ABOUT WHAT YOU REALLY WANT

By John Vincent



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GETTING CLEAR ABOUT WHAT YOU REALLY WANT

It may seem like an obvious and easy thing to say: 'know what your dream is'. But the truth is many people are not really clear on what it is that they want. Also, to call your future plans a 'dream' is to suggest to your mind that is just that, a dream, i.e. not real!

To want to be rich is not enough, money won't magically appear. You need to know how you are going to achieve that money and to be truly wealthy you need even more.

I am fond of believing the maxim, ***do more of what you enjoy***. Do more of what makes you and the people around you happy. Then you are happy and all the people that are around you are happy. Sounds great, right? The thing is some people will tell me that they don't want to go to work tomorrow, or that they don't ever want to go to work again, and if they, 'only do what they enjoy' they wouldn't go to work tomorrow, wouldn't be able to pay the bills etc... nice idea but it wouldn't work for me!

The thing I have to remind them is that some things are not immediate. I explain to them that if they do nothing, this time next year they will still be doing the same job they don't enjoy and a year older. But if they decide to do something about it, this time next year they could be in a position to follow the maxim: ***do more of what you enjoy***. Unfortunately most people just don't do that, they just don't plan for their future (much beyond what's on T.V tonight or their next holiday). Some people do have some longer-term plans, like maybe a company pension!

However, there are some people who make sure that they have an exact idea of where they want to be (or how they imagine their life being) in 5 years time. Being sure in your mind of the things you would like to be doing in five years time, is something that will make you more like the people who have the most fun, happiness and success on planet Earth, a person with a clear vision.

If you don't have an idea of where you would like to be in five years it probably means that you have never really answered the question. Because you have probably never taken the time to think about it and then start to make plans to get there.

So, how do you clarify your vision? First, be grateful for what you have because you are already wealthy. Like attracts like, if you appreciate the wealth you have and are thankful for it, you will not only feel instantly wealthier, you will also attract more wealth.

Think about what you are grateful for, whom, or what in your life right now makes you most happy, wealthy, passionate and empowered. Write down the top ten things you are most grateful for right now. As you write them down think about how they make you feel, recognise those positive feelings.

I am most grateful for:

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

The next thing that we are going to explore is what it is that really gets you passionate. What it is you really want to achieve? I want to help you to clarify your vision. Your vision is just that, it's yours... there are no set wrong or right answers, you need to be honest with yourself to be truly wealthy and focus on what makes you happy.

I have heard people tell me their plans or aspirations for their future but on questioning it turns out this isn't what they really want, it isn't what they are excited and passionate about. Most of the time it is an "achievable" plan for their future, limited by negative thoughts on what is "realistic".

Some level of realism is needed, but people put too many limitations on themselves which doesn't help them to realise their true visions and potential.



There are a few things that will help you to plan your future and clarify your vision. One thing is to adopt a '**Green Light** / **Red Light**' thinking process.

Green Light thinking means coming up with ideas and not judging them, just coming up with ideas and writing them all down.



After a good nights sleep, you then apply '**Red Light**' thinking to your ideas. Go through it and knock out all of the things that you didn't judge when you were writing your list but are just not appropriate, all the things that led you on to other thoughts and some of these you will keep and some of these things you will do.

The idea is to get the critical part of your mind out of the way while you answer the question. Just thinking about what you would do if you could do anything and then write it down. Then thinking about ways you would achieve that. It's true that most people never do this; it's also true that most people work for someone else for their whole life. The people who choose to do these kinds of things are the people who generally tend to work for themselves. Coincidence? I don't think so!

CLARIFYING YOUR VISION

Using Green Light thinking, answer the questions below and keep a really open mind. Think about what really makes you happy and when you feel most alive.

What do you enjoy doing?

List all of the activities that you spend your time doing when not working.

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What skills and talents do you have? List them all.

If you have read three books on any subject, you probably know more than 95% of the population on that subject!

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What things that you do make you feel good about yourself?

Think about the times when you feel really proud of yourself, the things you are really confident about, when other people compliment you.

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What are your strengths?

Think about things you are really good at, that come to you naturally. What strengths do you get complimented on.

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What gets you excited?

What are you most passionate about, what makes you feel really alive?

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What value do you contribute to others on a daily or weekly basis?

This could be on a professional level or a personal level or both. How do you make others lives better? In little ways or big ways.

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How would you spend your time if you had millions in the bank?

Holidaying on a beach, going to fashion shows, attending premiers? Some people, it-girls for example, make this their career. But is that really you! Do you want to be that person? We all enjoy a holiday and we all have something to contribute, what would you do with your time?

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If you knew you would succeed, what would you do?

It has never been easier to create, than it is right now. With the internet you can reach millions of people and have millions of happy customers in a very short space of time, all with very little start up capital.

Think big. Think of something that you find exciting something that you would love to do, not just something you could do. Something that gets you excited already has motivation built into it, something that you could do that isn't exciting doesn't.

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What do you want to do? What do you really want?

This can and will change over time and that is ok. Do you think when Richard Branson was importing records and selling them from the boot of his car, then a shop he ever thought he would build Virgin Galactic and sell trips into space?

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Right here, right now, what do you want to do, be and see?

What life do you want to create for yourself? How would you like to be remembered?

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Where do you see yourself in the Future?

Next Year:

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5 years:

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10 Years:

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Answer these questions now, all on green light thinking. Spend some time thinking about your answers and sleep on it. Tomorrow or in a couple of days, come back to them and review them with Red Light thinking but still keeping that open and positive mind.

MAKING YOUR VISION REALLY CLEAR

Now that you have had time to think about your answers to the previous section and review them, you should have a much better idea of what you want to do. Now its time to make your vision really clear.

We are focusing on your vision to become wealthy and a large part of that depends on what you intend to give in exchange for that wealth. As I said at the start, to want to be rich is not enough, it won't magically appear. You need to know how you are going to achieve that money.

Answer the following questions in detail. Keep in mind what really gets you excited because the more excited and passionate you are about a project the more enjoyable it is, the more motivated you will be and the more successful it will be.

What will it (your business, product or service) look like when it is finished?

Be very specific and detailed with this. And of course when it is finished, it has just started in other ways.

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When will it be completed? What date feels right?

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What changes do you need to make to achieve your vision?

List the top three (more if you need to)

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What Milestones will there be on the way?

Set some goals along the way to achieving your vision. This will help you to focus your direction and measure your progress.

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TURNING YOUR VISION INTO REALITY

Now that you know what your vision looks like and when it will be completed, you can set yourself on the right course and map out your **Time Line**. Your Time Line is the imaginary line that you can draw between the remembered thoughts in your mind and the imagined thoughts of events that haven't happened yet.

If you imagine something you did yesterday, take a moment to notice the location of the image in your mind's eye, does it appear to your right, left, in front etc. Next think of something that you did five years ago and notice where that image is. Then think of something that you know you are going to do in the future (have a birthday, go to a celebration etc.) and notice where that image is. A line can now be drawn between these three points this is your Time Line (or a very small three point section of one).

We can use this technique to map out your vision and its success using the milestone goals you set out along the way.

- Think about the goal you want to achieve in 2 years time (for example) imagine seeing all the things that assure you that you have achieved this goal.
- (Using the example of two years) now imagine all the things you would need to have done in 12 months to be half way to your goal.
- Next think about the things you will need to have achieved in 6 months and in 18 months time, so you have four points. A quarter of the way there, half way there, three quarters of the way and the whole way there.
- Now you have a plan of things that need to be done. Imagine travelling 6 months into the future and seeing all the things you would see if you had done all of them. Do the same for 12, 18 and 24 months.
- When you are 24 months in the future imagining what it will be like to have achieved these things. Look back down your Time Line and with the benefit of hindsight before the fact, imagine what you could have done differently to have got there quicker or got more things achieved.
- Then imagine floating down to the beginning of your Time Line, looking back to your goal. Now that you feel good about this new compelling future, increase the feelings of desire and excitement for the future, spin and whirl the feelings inside you faster and faster and make them bigger, then imagine all of those feelings of desire and excitement and duplicate

VISUALISATION OF YOUR VISION

Keep practicing the time line exercise and reaffirm your vision and goals. A powerful tool in making your vision and goals reality is the ability to visualise them as reality.

Write down your vision as if it has already been achieved in vivid detail. Describe how great you felt at achieving your vision and how grateful you are. Record the exact amount you made and the date you made it by. Be precise and give yourself real detail to focus on. Believe it and be confident about your ability to succeed.

In short form write on a small piece of card a summary of your vision, the amount you made and the date you achieved it by. Carry this piece of card with you at all times and every time you look at it imagine how great you will feel when you achieve your vision.

A great way to support this and really focus your mind on achieving your goals is to create some visual aids, such as a vision board, book or video. Fill them with images of your goals or representations of what you want to achieve.

You can create a PowerPoint or Keynote video with inspirational music and phrases relating to your goal, make it short and set it as your screen saver or make time to watch it each day. Put your board or book in a place where you can easily look at it each day.

Most importantly, take action. Without action, your vision is just a dream. When you take action, your vision is in the process of becoming reality.

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WEALTH IS MORE THAN JUST MONEY

Money is a medium to exchange for goods or services. To want money is not enough. The definition of Rich is having a great deal of money or assets.

To be truly wealthy you need to improve not just your financial wealth but your personal and spiritual wealth also. Use this section and the following questions to focus your Personal Visions. Use the same Green Light thinking and tomorrow or in a couple of days, come back to them and review them with Red Light thinking still keeping that open and positive mind.

Mind – Mental Achievements - What new skills and knowledge would you like to learn? What new habits would you like to develop, etc?

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Body – Physical Achievements – Would you like to become fitter, slimmer, etc? Is there a physical challenge you would like to achieve?

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