





## 2. THE JOURNEY.

Take time to imagine four successes you will have achieved to have arrived at this new home. Describe them and what you have done to make them a reality. What did you have to overcome, what sacrifices did you make, what did you learn about yourself in order to find yourself here? Why are they important to you? Make a point of acknowledging yourself.

One

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Two

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Three

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Four

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## 3. REVIEWING

Now, re-read your letter and list of successes and collect elements that stand out about your future home. Highlight any key words or phrases that express:

- **The space itself:** everything to do with the home you envisioned (eg warm, supportive, colourful...).
- **The journey there:** what have you learnt or developed in yourself in order to get to this future place.
- **Emotions:** you will likely find some emotions described in your letter (joy, calm, orderly ease, etc.)

CONTINUES OVER





- **Beliefs:** these are your thoughts expressed in a general way, for example, "I have integrity and I do what I say I will do", "When I work hard, I don't give up" or "When I ask for support, I find the right people to help me."
- **What values:** love, kindness, ethics, justice, and so on.
- **Habits:** What habits do you have that keeps your home the way you want it to be? One in one out; Put it away, straightaway etc?
- **Contribution:** What value can you bring to the world, your community, your neighbourhood, yourself? What is the big thing that your home will support you give energy to. You may find this expressed as an answer to the question: 'How do you want to make a difference in the world?' Or it may be a personal challenge, a creative project that you want to fulfil in your lifetime. What creative dream have you neglected and buried?

#### 4. WRITE A VISION STATEMENT

This is now your vision. Write a simple, compelling statement that summarises your vision. Don't forget this is orientated around your home, your base.

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5. NOW DEFINE HOW YOU PERCEIVE YOUR CURRENT SITUATION.

a. What is the state of play?

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b. How you feel about it?

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c. How does it affect those you live with?

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## 6. WHAT STEPS/ACTIONS MUST YOU TAKE TO GET FROM NOW TO YOUR VISION?

Break down into manageable stages the journey you will make from current reality to your future dream and define some milestones.

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## 7. CREATE A VISION BOARD OF YOUR FUTURE HOME

Get some lifestyle or interiors magazines and cut out and combine images into a collage that represent you would love to create. You would be surprised how well images communicate with the subconscious part of your brain. And if you can get that part on board, you are nearly there! If you don't have magazines, use Pinterest!

