

POWER UP

YOUR RETIREMENT



My Powerful Vision

"The path from dreams to success does exist. May you have the vision to find it, the courage to get on to it, and the perseverance to follow it." Kalpana Chawla

Your Personal Vision:

- is a blueprint or road map to your unique and ideal image of the future you want to create
- articulates your deepest desires, hopes, and aspirations
- it gives you something to aim for and helps you to clearly see the target
- is a source of enormous energy

- it is the bridge between your sense of purpose and the day-to-day outcomes and actions you achieve
- requires that you think deeply about your life and the life you want

Your vision will:

- focus your thoughts and actions and the way you use your time
- give you a direction
- help you make specific choices and decisions
- provide motivation and inspire you to keep going towards your goals
- channel your energy towards what you have chosen to create
- draw you forward and take you beyond obstacles
- give meaning and purpose

What is your vision of retirement? What do you want to achieve? What do you want your life to be like in the early part of your retirement? In the later years? What if you knew you would only succeed, what would you want?

How do you develop your vision – you begin with the end in mind.

- What matters the most to you
- What you want
- Where you are headed
- What you want to achieve
- Who you want to become

Creating Your Powerful Vision

Step 1

Put aside time and find a quiet location where you can devote your attention and focus completely on answering the following questions.

Step 2

- Set a fixed date – 5, 10 or 20 years from now.
- Answer the following questions in the present tense.

My Ideal Life

It is now ____ years from now, my ideal life looks like:

Physical Environment

Health

Physical

Mental

Emotional

Spiritual

Volunteering

Community

Relationships with:

Spouse / Partner

Children

Grandchildren

Siblings

Parents

Friends

Financial

Personal Pursuits and Interests

Hobbies

Recreational Activities

Fun

You never have to work another day in your life, how will you spend your time?

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

You have more than enough money to accomplish all that you want to do – what does your ideal life look like?

How are you spending your time?

What have you accomplished?

Who do you surround yourself with?

What are your deepest desires?

What are the things you have in your life that bring you fulfillment?

What are the 10 things you most enjoy doing? (Really enjoy.) These are the 10 things without which your life would feel incomplete.

What values are represented in your vision?

What are you known for?

What are your strengths?

What dreams and/or goals have you achieved?

What does your life look like and feel like?

What absolutely needs to be in your life?

Don't:

- place limitations
- rule out any possibilities
- worry about 'getting it right' or 'perfect' - just focus on writing down your ideas.

Step 3

From the responses, develop a working Vision Statement to represent your vision of what you want to achieve in your retired life.

- Write in first person and make statements about the future you want to achieve.
- Write the statements as if they are already happening
- Fully articulate your vision
- Take time; don't rush

NOTE: Think of this as a working draft – it doesn't need to be “perfect.” Your vision will evolve and become clearer to you as you do more work in this program.

Just take the first step and write down what is most important to you.

Step 4

After a few days of reflection, then review what you have written. Does it really describe what you want? Does your vision inspire you? If not, rework the draft until it feels right for you.

Step 5

Review the draft again with the following in mind: are there any gaps with where you are now and the vision you want to live? If yes, what are the gaps? What changes do you need to make now? What do you need to learn? Revise the working draft.

Step 6

Share your vision statement with your spouse / partner, family or close friends for input and / or personal support. Make any changes required.

Step 7

Make copies of your vision statement and keep it visible so you can see it every day – bathroom, fridge, bedroom, office, etc. It will help you focus your thoughts, decisions and activities.

Step 8

Bring your vision to life

- create a mental picture of you having actualized it – you can clearly see it and feel it
- Revisit your vision statement weekly to start off your week in a positive state of mind
- When you're not sure of where you are going or questioning your life, revisit your vision to bring you back on course
- Allow your vision to evolve over time

Examples of vision statements

Oprah Winfrey's vision - "To be a teacher. And to be known for inspiring my students to be more than they thought they could be."

Richard Branson's vision - "To have fun in [my] journey through life and learn from [my] mistakes."

For more examples, please visit

http://humanresources.about.com/od/success/a/personal_vision.htm

After you have completed the exercise, fill out the 'My Insights' form to capture your insights, and add any actions you are going to take in your Plan.

Once you have a Vision Statement, you can get artistic and create a Vision Board to visually capture your vision. Please see the Vision Board video.