

# Designing and Creating a Brilliant Future

through the technique of Future Visioning by Anne Chipley, M.ED.

*Anything is possible .....so let yourself dream.....free your imagination....allow it to soar!  
Listen to those feelings and desires in your heart .....move yourself to Vision  
Exponential Success and Fulfillment.*

**Allow your Imagination to take you to your Success Domain  
that place inside you that knows-**

Unending love  
Relaxed Security  
Wonderful Belonging and Acceptance  
Exciting Adventure, Freedom and Self -Determination  
Esteemed Authenticity of Self  
Passion and Vitality  
Extraordinary Creativity  
Intimacy and Safe Vulnerability  
Receiving the Benevolent force of the Divine/Creator  
Enjoyment Delight and Fun  
Rewarding Uplifting Relationships  
Celebration of Your Uniqueness and Distinctive Value  
Prosperity, Success and Wealth

***Expand Beyond Where You Have Ever Dared to Dream . . . Reach for the Stars!***

## **Master Dream List**

OK now that you have read the list above . . . go into the future and imagine that your dreams have come true . . .5 -10 years from now.... you are living a happy, healthy, delightfully successful and prosperous life. What excites you? What turns you on? Write down words and phrases that matter to you....don't silence the voice anymore....it wants to be heard.....Allow the words and feelings take shape into form! Write it down!

## **Emotional Dream**

### **An Emotion is a combination of your thoughts and feelings**

These are your thoughts and feelings you want to think and feel....every time you think a thought it changes the chemistry of your body and influences your future....how positive do you want to be....out of the 50,000 thoughts you think how much of that do you want to be in your favor instead of dead weights lowering the odds of new possibilities in your life...do you want to stay stuck in the past ...with all those hurts angers and injustices?....or do you want to create new thoughts and feelings for yourself and others?

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## **Relationship with Self Dream**

What do you want to think about yourself....what opinion of yourself do you want to have? Don't you want to stop judging, criticizing and shaming yourself? ...Wouldn't it be wonderful to love, respect honor, care, accept, get to know the person you are becoming instead of who you have been....do you want to celebrate your talents strengths capabilities, do you want to trust yourself and have confidence in who you are....to know you are valuable and important....to realize you are priceless.

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### **Intimate Relationships with Others Dream**

Describe your ideal loving relationships -include qualities you want in a mate or best friend....family member or child ....dependability, trustworthiness, believing in each other, empowerment, passion, sense of enjoyment creativity, mutuality , giving, safety, loyalty positivity, encouragement, support, etc What activities do you want to do together?

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### **Talent -Based Career and Financial Dream**

What is your ideal career ....what matters to you...how would you life to spend your time...what is your purpose.....do you want to be.self-employed or with a great company....what excites you...what are you passionate about...what are your strengths and powers...how can you contribute and be of service to others.....what are your financial dreams...what concrete successes do you want to have...what type of people do you want to work with? How much money is in your savings, retirement, passive income, royalties, stock, money market, and real estate.

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### **Physical Environment Dream**

What environment is important to you.....where do you want to live.. Do you enjoy a pristine environment, great air quality, beautiful space, elegant, balanced, lovely colors, organic foods, flowers, fountains, pools .wooded areas, forest. ocean, ponds. parks.

Do you need nature around you or are you a city person? Stores, restaurants, theaters, dancing, ballet museums bookstores etc Do you need to be near water or do you need mountains or both? Cool weather or warm? Sunny or foggy? Design your type of home-open floor plan or cozy cottage. Tropical or moderate or cold country? What country, state or province do you want to live?

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### **Health, Vitality and Longevity Dream**

Describe your sense of well-being, your ability to be strong vibrant, nourished, rejuvenated, healthy, fit, athletic, toned, relaxed, replenished, youthful, coordinated, graceful ....describe yourself doing and being physical in your activities...eating delicious healthy foods, .....a good night's sleep belongs here..

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### **Fun and Recreation Dream**

What activities sound fun and rewarding to you, what adventures do you want to have...what kind of creativity and variety do you want. Do you enjoy retreats, travel, music, art, boating, shopping, fashion, reading resting, singing, inventing, cooking, skiing hiking, snorkeling, building, dancing, gardening, group gatherings altruistic traveling- helping people in other lands etc.

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### **Spiritual Dream List**

What relationship do you want with your Higher Power.....to enjoy the love, partnership, soulful-caring devotion respect honoring unconditional love and acceptance, forgiveness and healing, peace harmony, beauty.....worth being loved and cared for, etc

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