



**“The journey of thousand miles start with step one”  
&  
“The best time to plant a tree was 20 years ago. The second-best time is NOW”**

### **Let us do a Reflection Exercise:**

Sit back, Relax, Close your eyes

- 1. BREATHE:** Take a moment to pause and breathe.
  - Slow deep breathing... and guide your breath to go deeper
- 2. REFLECT:**
  - Once you feel settled, ask yourself this question **“What do I really want?”**
  - Don't force anything, simply let any words, feelings, pictures come to your mind or body.
  - **If nothing comes to mind, keep coming back to the breath.**
- 3. RESPOND:**
  - **Keep going until you Smile and feel it.**
  - Come back to your body and open your eyes.

**Instructions:** Complete below statement. You can start with just one word or few sentences or more.

I **highly-highly** recommend you print this and write or do this in a diary or journal.

Watch the video for a complete explanation & guided meditation on [MasterGameofLife.com](http://MasterGameofLife.com)

**My vision is:** \_\_\_\_\_

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**Now that you have it, read it every morning as you get up and before you go to bed.**

## DETAILED STEPS

You've probably heard that you can only get where you want to be if you know where you're going. This pithy statement is as true now as the first time it was said. So how do you come to know where you're going, so you can get where you want to be?

To start with, goals are crucial. *When we set goals, what we're really trying to do is to bring each piece of our lives in line with our overall vision for ourselves.* Using a powerful vision-setting process can help you set more effective goals, since you can chart a course that will take you toward and support your vision.

Do you have a vision for each segment of your life? Do you know where you're headed spiritually, socially, relationally, physically, financially, and more?

**Use this process to help you create a vision that works for you:**

- 1. Write down your vision for a particular aspect of your life.** Write a couple of paragraphs describing what you'd like to have or be. There's no right or wrong. In fact, you probably won't precisely articulate your dreams the very first time you try the exercise. A reasonable guess is a good place to start.
  - In writing your vision, avoid focusing on what you don't want, because this will only bring about more of that. Turn your back on negativity and *focus on what you do want to bring about.*
  - For example, if you want more money: Avoid wording your statement like: "I don't want to be poor anymore." Instead, envision what it would be like to be rich, which is what you want, and write about what that would be like for you.
  - Although you may feel challenged when first learning to focus on what you want, it gets easier. Plus, *the rewards are spectacular when you can do it consistently.* You'll start to notice that your life seems as if you can change it at will, which you can.
- 2. Visualize.** Read your vision statement 2-3 times a day and imagine that aspect of your life matches your vision perfectly. *How does your vision make you feel?* Are you really excited and enthusiastic? Is it appealing to you on all levels? This shouldn't take more than 60 seconds to do each time.
- 3. Refine.** If you feel really good about your vision, that's great. If not, now is the time to make some alterations. *Continue refining the image of your dream life until doing your visualization feels spectacular.* Re-write each new version.
  - At this point, you may be wondering when this process ever ends. Fortunately, it never ends. Your vision will forever be changing slightly throughout your life, which is good, since your desires will also change over time.
- 4. Review your vision daily and ensure that it continues to attract you.** This will rapidly usher change into your life. In turn, these changes will demonstrate that you're actually moving towards that vision.

5. **Create separate vision statements for all the areas of your life.** Consider your finances, relationships, adventure, health, social life, and spirituality. *If you can get all these visions to look just the way you want, imagine what your life will look like!*

### Why Spend Time On This Process?

Consider all the things you do every day. Everything you do is either helping you reach your vision or helping someone else reach theirs. Wouldn't you rather help yourself reach yours?

*Creating a vision is the first step to creating the life you desire.* Tweak your visions a couple of times a day and really focus on the experience of living that vision. This gets easier all the time, because imagining something enjoyable is pleasurable in itself.

Don't hesitate; create your visions today. Then, start reviewing and improving them immediately. Your life will change rapidly for the better. You'll then be spending your time making your own visions a reality instead of making someone else's dream come true.

**WHAT'S ONE THING**  
**YOU CAN DO TODAY?**  
to  
**CREATE A VISION FOR YOUR LIFE.**

Unlock & Live your **Purpose!**

LEARN with MASTERS

Reflect Respond

MASTER GAME OF LIFE  
JAS SINGH