

A C O M P E L L I N G N E W V I S I O N

NEW THINKING FOR NEW ACTIONS / LESSON TWO



*Productive
Learning*

NEW THINKING FOR NEW ACTIONS

A person is sitting on a wooden bench, looking out over a cityscape at sunset. The sun is low on the horizon, casting a warm, golden glow over the buildings and streets. The person is wearing a dark shirt and glasses. The text 'A COMPELLING NEW VISION' is overlaid on the image in large, white, sans-serif capital letters.

A COMPELLING NEW VISION

Great job on the effort you put towards embracing the power of Awareness and how it can help you to control your mind.

The thing is, it's just that... Effort. Like the video in this lesson explains, they say that only about 5% of what we do and say come from the conscious mind - the rest is from the subconscious mind.

So 95% is always at work, trying to solve problems that haven't even happened yet, and tirelessly working to keep you safe.

Although those odds of control don't really seem like they might be in your favor, this lesson is giving you a tool for gaining some of that influence on your subconscious mind back so you can do that.

A NEW WAY OF THINKING ABOUT YOUR VISION...

More than likely, you've probably heard of some methods, and probably even tried a few, of Visualization exercise. That is some of what we're doing today!

Although there are a ton of powerful ways to use Visualization as a tool for growth, we are talking about getting control of the subconscious with this particular lesson. This will help the subconscious start opening up the opportunities to allow that vision to be on the horizon as a possibility.

CRAFTING A NEW VISION

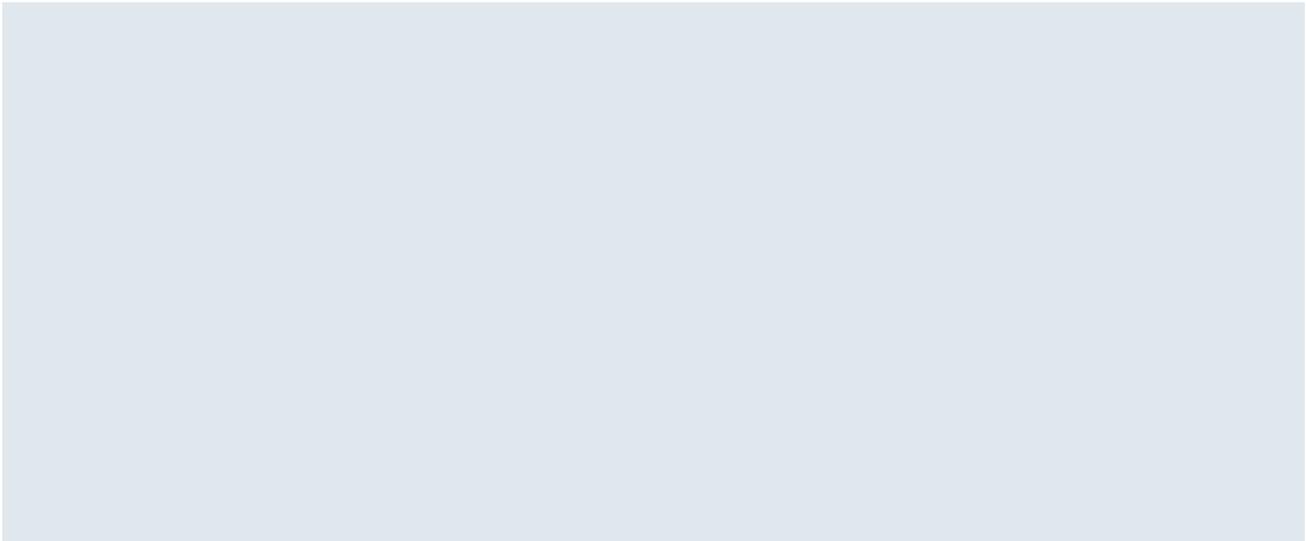
Etching The Mind With Emotion

A big difference between this method and some of the other more familiar visualization techniques is the main focus on emotion instead of material things, tangible items, or specific milestones.

After you've watched the video in lesson two for this activity, work through this assignment and refer back to watch the training a few more times if you need to.

ETCHING A NEW VISION WITH EMOTION...

What do you want to achieve most? What is the goal that you hope to accomplish more than anything else? What would be the best possible outcome of your desires? Describe that vision and the life you have in mind.



Back to the creative mind for a moment, imagine that everything you described in your vision came true to its fullest potential, and then some...

ETCHING A NEW VISION WITH EMOTION

Discover The Power of Intention

#1) What would having the vision you described to be true and accomplished do for your life? Describe what the experience of living this life would make you feel? What new desired qualities and traits would this achievement bring to your life?

#2) Thinking about what you wrote above... What would feeling THAT vision give you in your life? What good would those things bring you?

#3) Thinking about what you wrote above... What feelings and positive experiences would having THOSE good things bring you?

#4) Thinking about what you wrote above... What are those experiences and things going to give you? Why is it something you want to have?

#5) Thinking about what you wrote above... Why will having that in your life give you? Why is that important to you? Why is it something that will be good for your life?

CREATE A COMPELLING VISION

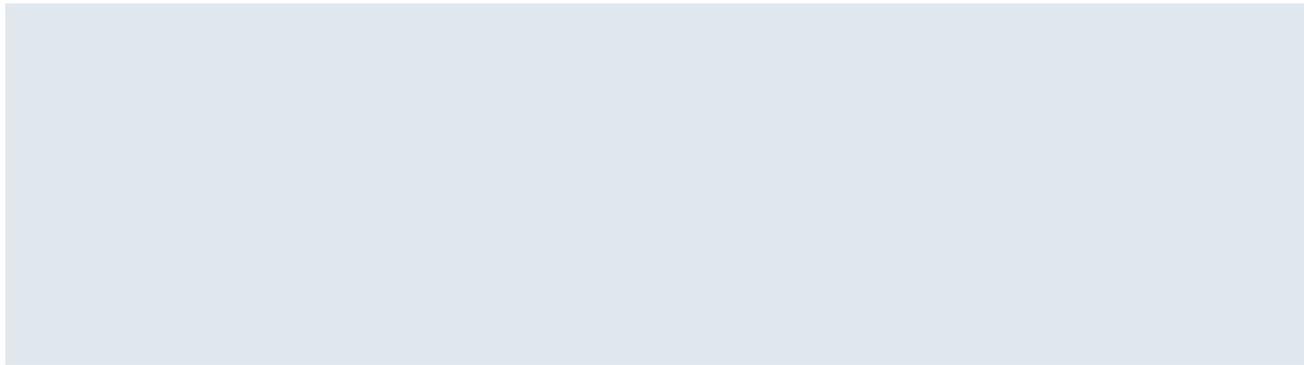
A New Vision You Can Really See

Emotions and experiences are the most powerful tool you have to make an impact on the way your subconscious leads your thoughts and actions.

The answers you just worked through go deep into what the experience of your new vision will truly feel like and what emotions it will evoke when true in your life. Allow yourself to imagine those experiences to the fullest. From that place you will have connected your subconscious mind to the desired outcomes you want to aim and adapt for.

With this new vision clearly in your mind, craft your intentional compelling vision statement. As explained in the video, use descriptive language and sensory words that show what core desired emotions you intend to feel in this ideal outcome.

Craft Your Compelling Vision:



ACTIVATING YOUR NEW VISION TO TAKE ACTION

Now for the final step, it's time to embed this emotional experience into your subconscious mind.

Spend 15 minutes “living” through the experience you’ve created of your Compelling Vision and use your imagination to feel the desired emotions and benefits you’ve described.