

2022_06_07 - Create Your Vision Retreat - Part 2 - Audio

Sun, 7/24 3:34PM 1:18:51

SUMMARY KEYWORDS

vision, envisioning, piece, anna maria, life, work, yvonne, questions, people, dream, evolving, write, resistance, living, yoga practice, taught, editor, years, heidi, real

00:00
Welcome back.

00:01
Welcome back. I hope you had a good break. I know it always seems short doesn't like lots of rest of you here together today. But I bounced on my trampoline. I got myself some chocolate. I got myself a nice oh, it's probably going to be loud. mute myself just for a second hang on some nice sparkling water with great fruit. So tell me what you did. Did you do tell something that took good care of yourself? Somebody share? I want to know you're taking good care of yourselves. I set my hammock in the backyard. Oh, that sounds lovely. And hot. I bet hot. Yeah, yeah. Yeah. Cindy was telling me not to go outside when I'm in Phoenix, because it's going to be 115 degrees or something like that. So it won't be that bad. But

00:59
just like for shade.

01:00
Yeah. An early morning, early morning, right.

01:04
Next, yeah,

01:04
I'm excited. What else did you do to take care of yourself?



01:11

Diane, went outside for the first time today and just smelled how fresh it was after the rain.



01:20

Thank you. Great. Great. Great to hear. Thank you. That's how we get there. Taking good care and staying present. And that's how we can stay present here. Really good. All right. Oh, you don't quite have Annamaria back yet. At least I can't see her. So by I'm going to have Maria share in just a minute. I'm going to do a little bit of Oh, first anything bubbling up wanting to be shared? Anything? Like Shall I just have to say this? Good. All right. Oh, in perfect timing, because there's Anna Maria. So Anna Maria, you know, that I was going to ask, I will not I did ask you. Can you share a little bit? Because before it's like, here's all this resistance is here's why we don't do but here's why it's really good to do it. And but I you know, but I bumped into some things before and what would it be like if I could actually do this not as a theory of something that I don't want to do like Heidi and that client, right? But, but as real and on the court and something that gets me out of bed in the morning. And when Anna Anna Maria and I were talking it was just like, I read her vision and I'm just like, oh my goodness, and she was so filled with that vision I said Would you share a little bit about it, the process of creating it, anything you want to say just because I know that I was so inspired by it if you're like 1/10 is inspired by both her vision and the process of creating it as I was, it's going to be inspiring for you. And so Annamaria a little bit about the process and then if you want to share, you know, a paragraph or something from that vision if you'd like that would be just lovely.



02:56

Thank you, Michelle. So I remember the day that I wrote my vision precisely. And it was one of the days I think you had the Facebook challenge or the influencer story but I was not present so I listened to the recording at night and when you said do your three year vision and afterwards you say dream big. So I thought oh I can dream big but it was amazing how every emotion that I had when I was writing what I really wanted when my heart 101 My soul wanted of everything that I have that I have dreamed of it can make very easy very easy easily flow easily. And then I what I love about these vision is that I can keep adding to it and I have added to it too and I have kept evolving and so if I think of something that I would like to dream more about just added on my on my dream on my life mission



04:09

and read this I'm so glad you said this that we'll come back to this in a little bit and it's in my notes I didn't know she was gonna say that but I'm like I love that I mean we had talked about beforehand but I didn't know exactly what she was gonna say and we will come back to that like how does that dream actually get created? Beautiful Annamaria um anything else you want you'd like to add about that because this is so fun seeing you just really owning the vision creating it beautiful details in it. You know so much what you wanted it flowed out easily anything else you want to say about the creation of it?

 04:42

Yes, I have pieces of it that I have done a little bit earlier. But again, they the way the way it turned out and the way you know it was really from my heart i i was so happy with that.

 05:00

Yes, and when you said that I had a little bit here and a little scrap of paper there and a little bit you know, so and I so love that you said that because everyone in this room, you probably have your I know you do, you have your equivalent of that, that Annamaria just said, you know, because it's not the first time in your life, you've envisioned something. So there are like it like there are there are bread come crumbs and trails and pieces that you can put together, as Anna Marie did to to create her. So thank you for sharing that as well. And Maria, beautiful. Anything else you want to say about it?

 05:41

Yes, actually, with with the vision, and it's pretty amazing to me what I have wrote before a little bit before my vision I have said. So part of my vision said that this all started with my decision to go to Florida in the winter of 2022 to train with my coach with my trainer, Betsy. And then I realized the opportunities the world was offering me just for taking action. So it's very interesting that after doing all the vision, I have made very important decisions of my life now. I'm thinking about totally changing my life, transforming everything selling my farm now, really following my dream of going to high level competition. Doing representing Ecuador, in international competition, and doing the my breeding farm in Ecuador. So I'm really, really just coming to a decision that I really have to change my life to really follow, you know, follow this vision. Because the way it resonated a little bit when Heidi was talking about her clients, because they said oh, I am doing the same thing. So I don't want to like I want to move forward with that.

 07:05

Beautiful Emery, can you hear how this goes together real and actual on the court, not to some piece of paper for an exercise. And again, I've done that too. So if you've done that, be gentle with yourself. It's okay, but how we do from here, right? And, and there's something of that piece of paper that you'll be able to pick up and, and do something with and, and mold and shape and play with and, and so here's the vision. And it's big, and it's deep. And it's real and Annamaria when it comes with real and big decisions that actually shift the whole of her life. I'm so happy for you Annamaria. I'm so proud of you. And also, you can hear why earlier on I was talking about one of the places I've been evasive fear of death cling to life often manifests as fear of change. We envision something, it makes changes in our lives. These are changes that she wants. This is her living her life on purpose. But it can be scary. I remember Bernice and the smoking. So good for you. And then the power of writing it down and making it tangible and real for you. And we can we use the elements of story. And I can even ask me more questions about that too. And we can develop it at other times as well, in order to actually really be able to feel it and taste it and touch it and smell it right. That's one hand you know,

it's imagery, it's things we can touch and taste and smell so that this thing becomes real. And what's on that paper for Anna Maria is so real. She is making real life decisions, changing the basis of you know, what she has lived before for herself and her life. Now that's a vision. If you get that raise your hand. Are you amazed by finding the words to say it so so beautiful. Yes, thank you. And Anna Maria, I suggested to because it's it's it's a number of pages to like it was detailed and real and deep. But if you can read maybe a paragraph of it so they can get just a feel for it, a paragraph or a piece of it and a piece from here like trust your heart, whatever you want to share is perfect.

 09:09

Thank you. So I am most excited about experiencing this amazing dream. Because now I understand the meaning of success. The apps and the apps and the learning curves and the challenges, the absolute possibility of reaching for the stars, the moon, the gratitude that I have for being taught to dream big. That is my right to live my dreams. The gratitude that I have for all my lessons in compassion, empathy, loving kindness, persistence, wisdom, courage, that forced me into this amazing, powerful woman that I am. This is a feeling beyond words, the Prime Minister representing my country at the Olympics, having won the Olympic gold medal in research. So I just put a little part of that

 09:58

there's so much more There's so much more on the page. But can you hear the come from place in that? Can we hear how it's her hearts lowing? Can you hear it's like, and you know, it is so present to Annamaria to it's like, really almost like, what have you have you done this yet? Are you doing it like in the real still presenter, it's like we're gonna like, it's real to her already. She's like she's already lived it. And now she's just simply letting it unfold. Can you get what I'm saying here? It's like, that's who I am. That's what I'm doing. That's what matters to me. And I'm going for it. And, you know, here's the thing, like, do we make a decision? Remember, you've all seen me do this, right? We make a decision is a different life course. And it's like, what what are we envision? What's pulling me for? What is it that I actually want? And, and, and one of the, here's a piece that can free us up about vision as well. It's like, what's the worst case scenario, even in the worst case scenario? Here's door number one. And here's door number two. And here's Anna Maria, who is pieces of her life. She said, feel and she's built beautiful things already, surely as right. But pieces of her life feel like Heidi with the client that Heidi was talking about? Door number one, she stays there, everybody's happy. Everybody thinks she's done a great job. And they go, Well, what a great life Annamaria you know, but not how she feels it? Because that's not what called her. And Annamaria. Can I do this? Can I go to a worst case scenario? And door number two,

 11:27

please? Yes.

 11:28

Worst case scenario she doesn't get what she wants. But did you see how she's already living

worst case scenario, she doesn't get what she wants. But did you see how she's already living it right now? Do you? Can you feel even a piece of that energy of how she is that person who's going for it? That's 100% of her in there. She's doing it. She's on the court. She's there. And the way I think about vision for me, too, is like, well, I'm doing it or I'll die first, whatever. But this is what I'm doing. This is what's happening. It is just, it's just already done. It's happening. Can you feel that energy and Annamaria to it's like, you know, for any of us, you never know or, you know, we don't know unless you're clairvoyant, or whatever it is that you know, somehow you know, the future. Exactly, right. But we don't know if we have one and especially with my parents in passing away last summer, like, we don't know if we have like decades ahead of us or one more breath like that we I can't say to Annamaria I definitively know this is going to happen. Maybe you know, an asteroid will hit in the next moment, and we'll all be gone in a moment. Like, I don't know. I cannot guarantee her that. But can you see that from door number one, door number two? What Annamaria is life looks like? And where would you rather be? This is about vision. This one's Anna Maria's and it is so deep. And so like, I want to just share the whole thing with you guys. You know, like it's just pages long and beautiful and so heartfelt and knowing right?



12:55

That's the power of vision. That's the power of vision.



12:58

Thank you Anna Maria. And I want to say to you there's a difference too between there's pipe dreams, that's that one on the page? Or it's what we're supposed to do or whatever it is, that isn't actually on the court doing it. And but Annamaria will you tell them if you if you will, if you'll share with them, you know the trainer who you've been working with and how long you've been working with her and that's in your specific field, right? How long have you been working with her and what she does in relation to your dream like what her kind of qualifications are to to help guide you we will you share that with us



13:31

here. Sure. So I have been working with Betsy Steiner that for I think about 10 years on and off not consistent enough to really get to any place in high level competition yet and and that is my dad that is my dream to do. So I went she has always invited me to go train with her in Florida. I did this past winter when with our trade with her and the improvement on myself on my horse was was really big. So I you know I thought time for transformation. She She is a high level to start trainer. She has competed internationally representing the United States. And at the moment she she is one of the selectors of the dressage team for the Olympics of the or World Equestrian Games are any any championship, so she's a person that I have always admired. She's very well respected unknown, are very kind super kind with horses. She has a wonderful system to develop horses. So he would just say it was just the right thing to do. To really hear



14:52

that clarity. Can you hear the clarity and Annamaria and what did she say when you brought these dreams to her?

 15:00

She said you have to do it, you have the talent, the ability to do it, and we have to do it now. So, go ahead. Well, I was so happy for her support because you just really, in your eye, it makes so much sense for her to do it too. And interestingly enough, she said, you know, they have also had been looking for me and in a way that we are looking for, for their clients. She said, You know, we have been looking for you for to come to this with us to

 15:33

you make your decision. Thank you and you make your decision, you put your stake in the ground. This is my birthright. This is my life. It's actually it's the thing that you want, and resources come to you. And sometimes they're right in front of you. Oh, here's the person I've been working with for 10 years already for Anna Maria, you know, and if there's some piece of ego and but I haven't been working with that person for 10 years, or I don't have that resource or that like it was in front of Annamaria because she chose because she's she's she she dreamed big. She said her like she she she didn't aim for the ceiling, aiming for the ceiling as hard. And then whatever happens from here again you see the focus intentional ality you see the you see the life being lived, you see the decisions being made, it gets shoved worked out in the real world. Annamaria beautiful. Thank you.

 16:23

Oh, thanks to you, Dr. Michelle. For for all the, the way you helped me to really dream big, and to really be able to live my life transformed my life and to be in the driver's seat of my life. Thank you.

 16:39

That's what a vision feels like. So whatever you've done before, you can gather up all the pieces that you've done before, you've done some good pieces of it before, but I had to have Annamaria share because it was just, she was so just vibrating with this vision. And so then onpoint and making decisions in line alignment with it, and because of it, and flying in the face of GCI, like the cliché is bind us fear of being the face of fear of death claim to life often manifests as a fear of change, a bunch of things are changing, and Annamarie is life. But again, if you were Annamaria, would you rather have door number one or door number two, no matter what happens from here. That's the power of the vision. And she also like she has what it takes to do this.

 17:25

She can do this.

 17:29

And she's making the decisions and doing everything to to make that happen. And that's a joyful life. That's a life lived on purpose. Right? Okay, fantastic. Anything bubbling up wanting to be said, Heidi.

 17:43


I just memory, I'm exploding with joy for you. And I just like I'm bursting. That's why I had to raise my hand. And I just want Mike, the comment I just wanted to make is how contagious it is. I mean, I am just like, lit up from you. And you know, I've been on a horse maybe once in my life. And it's like, hearing you talk. It's like they don't get on another horse. I mean, like, really? You know, like, I'm like a Martian on a horse. But no, but you're so I want, you know, I'll have what she's having movie on that.

 18:28

Yes, a strong vision is that it's contagious? And can you see how we move from stage one to stage two, like that energy that's inside Anna Maria. And then, you know, her building her high ticket program helps fuel her dream, do you get that? Like, here's the Olympics is her dream. But it's like, go work with people. Because that requires funding that requires people that requires resources. And then it's so in alignment with her dream, because she's dreaming, she helped. And that helps her build how she helps people in the world to so it works together. And you also heard her saying she had a piece of it over here with a Facebook challenge showed a piece of it. And she had a little piece of it. So so it gets built. Right? And and then it's again, it leads to stage two, because when we have that strong vision, we know why we're on the planet. So many people don't. For all the reasons that we talked about before the break. It's contagious. Heidi doesn't even want before this moment, anything to do with horses, but now she does. So that's why stage one is the vision. And this is how it's done. Right. Thank you Annamaria. And each of you has already done a piece of this. Each of you has materials and resources, you're already on the path but Annamaria was just a lot of our private session like this was in and around this. We did different things in each of the sessions. And so and so I had to I asked Anna Marie if she would share this with you. So bless you Annamaria for sharing it so so so beautiful. All right, anything else bubbling up wanting to be set

 20:00

Yeah, Yvonne, I have an editor. So I better I even have an editor about the question. So. So first of all, Annamaria, like, holy macaroni, like, so proud of you. And then there was, you know, there's that editor for me that goes, like, if I don't have a multiple page document with a vision on it, I'm not doing it right.

 20:25

Thank you for that. And didn't we cover that in terms of resistance beforehand, right. And thank

you for saying that. Because, you know, it's so easy for us to do that. I'm sure you're not the only one. It's like, well, she's got it. But what about me, you know, usually, that's how it goes, right? I'm sure you're not the only one in the room, right. So he's like, waving there, and so on. And so there's not just one way to do it. You know, that's how it came out for Anna Maria, and yours will come out, will come out and is coming out and you are already doing it. You had that vision in 2020, sitting in that conversation that we've shared with, you know, the details of with so many people, your vision was there and born there in a conversation, you know, you're already doing it, you're already on track, you already know it. And also, if you heard what Annamaria is saying, it means that vision is inside you. Because you wouldn't be able to hear what she was saying. If it wasn't if that capacity was not already there in you. And so



21:33

what else do I want to say about that? Anything else?



21:37

This goes to Mary Kay's question too, is like, but what about that resistance? Right? You know, as you're building, here's, here's an example of that resistance. Right? I'm about to build my my vision. Here's an example of it. Oh, now, it's actually the first Glacia. So I want to teach you about that, too. The first question is not knowing how big I am, causes us to suffer. And in this moment, Yvonne is suffering, right? And it's, it's okay, it means we're human. But I don't know how big I am. I don't know how tapped in I am. I don't remember who I am. I don't know the resources. And and we want you to bump into this here. Instead of when we're in the midst of a complex launch. And you've written a bunch of different emails to go out to people or if you've already got, you know, three horses out for sale, and they eat your \$100,000 or whatever. Let's bump into ourselves. Now, do you get what I'm saying? This is a good time to bump into it, when there's fewer moving parts. So it's designed, this journey is designed specifically knowing that the resistance comes up. So we can it's like we handle it here in stage one. Because later on, we do a launch. And you know, it's not our perfect launch, it didn't go the way we wanted it to. We don't know was it? Was it an inner story piece? Was it something about the person who was on the team? Was it like there's lots of moving parts? Here, it's like, let me see what my vision is. What do I want? Like in essence, it's simple. Do you know what I'm saying? A lot of moving things inside us and so on. But it because of its simplicity in a sense, you get what I'm saying? By simplicity, I'm just asking you what do you want? On one level, it's very simple, then the we can start to see the shape of our editors. Then we go to transmutation, you know in letting go. And so we handle it here when there are fewer moving parts. This is I'm not saying I want you to have resistance, I'm saying is the nature of being human, you're going to bump into some things in the next couple of weeks before we meet for, you know, offer creation, for instance, right? And we want you to bump into it now because I'm like, let me create my offer. But I feel small, but I'm going to try to create me offer and it's not once and done. I'm not saying that. But Yvonne thank you this is of service to everybody. Thank you for your vulnerability. Thank you for sharing that. Because that's also the thing, it's like, you know, and just kind of glancing ahead to transmutation. We'll do it in fuller form later. But, you know, in this event, you want to get it right. Right. You want to get it right. And sometimes that can hold us back. But also when there's a lot of moving parts in a complex event with with and you've held space for like hundreds of people there and, and complex emotions going on with people and holding space for people in all kinds of ways. Like, I'm really glad that you're looking after

the details and wanting to get it right in the best sense of the word right. So we'll you'll find out both about the things that hold you back and what your strengths are as you courageously investigate this and go through this together. You can lean in with each other. They'll be connected via slack to you by the end of the week. You get to go through this together, make sense. Karen,



25:05

thank you for asking. You're saying that Yvonne, you said you took one for the team. But I know when I when I, I was listening to Anna Marie's vision and thinking, oh my gosh, she is like embodying it, she's there. She's already, like there. And when I wrote my vision, I'm thinking How the hell am I going to do this? This is like, make believe to me. So I'm starting to see where you're going, Michelle with this, that, you know, just ferret out these holes, these poke holes in our vision now, so that we can address it now with confidence and find, you know, fake it till you make it kind of thing.



25:46

And I'm going to change the wording a little bit of it i because what I want to say is, instead of poking holes on the vision, there's a little bit of Yvonne Sen on YouTube. And that, like, each editor is unique to oneself, right. But sometimes you have some parallels too, and something about wanting to get it right, it's probably not quite right yet, I will come and poke holes in it, and then you'll fix it. And I don't think of it energetically that way. I want to shift, I understand what you're saying. And then I want to shift the language of it a little bit. To make it a little more empowering, make it more empowering for you. Is that all right? And do that. Yeah, so instead, it's exactly where we're going next, actually, so let me just say this. I've taught this in other places. Some of you've been there for this. Some of you may not have been but when we are writing, when we're writing something here, you're writing out your vision, right? We don't, it doesn't just get birthed fully formed as a final product. And I used to teach this one of the foundational things I used to do at university, there's a process and a product. And we we were so clinging to that final product. Well, we see the beauty of Anna Marie's, and we want ours to popped out like fully formed like hers, right? And we ever unreadiness and all those things that we talked about before the break. But But Annamaria also said, Oh, it was a process. And I had a little scrap over here and I didn't have it before. And then I put this piece together and so on right? Then. So it's a process, and we stay with the process and we mold it like clay. So instead of is like I want to temporally form or did it wrong, right? Here's the wrong version until I get to the right version, that it doesn't get created like that. Instead, it's it's just like any piece of writing, we plan it, we draft it, we revise it, and we let it be playful, and we build it like, like molding clay. And so when we're planning it, and I talked to Anna Maria, for instance, about, you know, because because then Anna Maria is probably going like they're seeing it like that, you know, you know, probably because she's both very confident in her vision. But there's also probably something because Anna Marie, you're such a humble and beautiful soul, you'd be going like, well, you know, there's a piece of Annamaria that I can hear going like, but I'm just me, I mean, I'm really happy about this, but you know, so. So we project onto her kind of perfection, and then want to make ourselves unworthy and all this stuff going on. Right? But Anna Maria just worked it, she's worked it, you know, and she was there at the Facebook challenge. And by the way, there's a you know, give your best stuff away. And when you're giving it away, when I was giving there that was for free. And Maria was there, that's another

level, you know, serving people who are just entering in well serving the high level clients, right, because Anna Maria was ready for the next level of it and heard it at that level. All right. So Karen, you're gonna see that when I'm speaking because I'm going to be like speaking for the, for the beginners, and you're going to be hearing at a different level now. Right? So that's a whole other discussion. But I just want to say she worked it she's worked at she's working at still, and it doesn't have to be like and she even said that I said we come back to that she said it you know, it's it's still being developed. It's not written in stone. She's adding an evolving, those are her words, adding an evolving. So instead of thinking, Did I get it right now? Did I get it right now? Did I get it right now? Oh, Karen, any any editors like that in your past ever? I don't know. I just want to say like, can I say the three words that you know, I'm gonna say like mowing the lawn. Just you know, everybody has their thing, like Yvonne in the brussel sprouts, you know, mowing lawns, everyday things that happen to us. But there's the editor, you know, it's not about getting it right. And there's nothing that you need to get right about it. Instead, it's let it evolve, let it grow. It emanates from you. And it's individual to you. And that's Anna Maria's version. And I want to show you a different version just to free you up a little bit. They didn't think I was going to actually show it to you but I've had it beside me in case. This is an early version of one of mine. I drew it I don't know if you can see it. I drew one, you know, you can draw it if you want. I did this at an event that I went to about 10 years ago and none of this stuff existed when I wrote it down now it all pretty well does. You know. And this was a drawn forum Sophie, Yvonne, if you don't want to write it, you could draw it if you want, you know, it's like, just like Anna Marie who's going like, how do I how do I ticket sell a horse you know? Like there's always there's another way to do it. I'm suggesting that you write it out, I can help you with that. But don't think there's only one way and don't think there's a right way to do it. And Karen, so thank you so much for saying that. So that and the piece you said about make believe. I'm so glad you said that. Because then that's part of it's like, well, I wrote it down and I did the assignment, right. But like, that's separate from me, and I don't really see myself in that, then that's either that's unworthiness, or feeling like somebody else can do it, but I can't or there's some kind of editor in there. And then that is what we want to work on. And that's where a lot of people will run away and go sell a widget instead. It's like no face that be that know that it's your birthright. That's the work to stay there with a stay there, which makes sense.



30:39

Yeah, fine. Okay, so



30:41

my next question would be, is a vision ever done slash complete? Or is it an ever evolving kind of thing?



30:50

I want to answer that kind of two ways. Because sometimes we could stay at home. And like, Well, my vision isn't quite complete. Let me stay here and practice it for another, write it down for another 25 and a half years, and then maybe I'll go out there into the world. So that's a no, don't do that. But evolving because I create it, I go do stuff like Anna Maria is doing. Like, this is

not going to happen for Anna Maria. But let's, she's definitely Ecuador, but for argument's sake, and they say this Anna Maria, may she she may have her vision, she sells her farm. It's Ecuador. She goes like, even though that's where I'm connected to you, I'm deciding it's going to be I don't know, Tanzania or Colombia instead. I mean, it's not going to happen with Mr. Amer but you know, but let's say I'm picking a silly piece. But you know, that's not the piece that's going to move for her. But let's say it was and I could imagine some world where did I don't know if she was a Martian? And we the world changed or I don't know what, you know, so so. So when she goes and does that, she gains information, she learns things and it gets Fuller, it gets bigger. And if you think about it, the love your words, community evolved into the love your life, love your business program, right? And so this is the next evolution of it. And, and it's, and I even said to you guys, like, are you okay? If we if we make things better as we go, because that's an evolving vision as well. Here we are doing this retreat on vision. It evolved. I've taught vision for years and years and years. If you've been there when I've taught vision before, I have never taught it like this before, because I know different things about how to help you actualize it wasn't that that wasn't good. It's just this is the next evolution. So in that sense? Yes, it's always evolving. You know, until our last breath. I mean, here, I think of my mom and the chaplain coming in saying, you know, the day that she was told she was probably going to die in the next 24 hours. There was nothing left of her but she still had her mind intact in ways that people don't usually. And the chaplain came in, said, Mark, are you happy? She paused for a second, and he she couldn't eat can get out of bed? She can you know, she's like skin and bones, right? Are you happy? Oh, yes, very much. So I mean, it just blows me away. My mom was amazing. And so what was she envisioning at that moment about what was her life, she was still envisioning in the very end of her life, and envisioning different things from there. So if she did, we can't do here with life and breath and movement and all those things. So yes, of course, it evolves. Because it's that thing that I learned from Harv Eker, to peak potentials, one of the most important things I learned there, he says, like, there's only two things that I want to teach you in all this stuff that you learn here. Learn, do, learn, do, learn, do what you gotta do, right? The vision is like that, too. Like, here's the vision, and I'm learning something about how I'm doing it, and then how to do it, or how to write it right. And then I go out there and do it. And I see what it's like in the real world. And Heidi adjusted her visions, I have a vision of working with moms who are totally distraught, who have an autistic child, and they're practically like, non breathing and broke completely broken to me, I'm using wrong words, but not that bad for what's actually happening. And that, you know, and then she goes, like, oh, there's my vision. Oh, I just did it. Oh, that's gonna get revised. It's an example of a vision evolving, nothing went wrong in that. And back to Karen's point, it's not that it was wrong. It's just evolving, because of contact with the real world and out there doing it. Not sitting for 25 years making it perfect. Yvonne, does that address your questions? Great questions. Fantastic. Yeah, Heidi, go ahead. where I get



34:29

my pattern of maybe it's my editor getting stuck in the vision, and then getting stuck with objectives to reach the vision and all that is time. At what? Where am I putting my stake in the ground? How far into the future like I can envision the utopia that Ethan is going to live in a world that embraces neurodiverse people, and that's the vision. Won't it be amazing But everything before that the community that is needed to create that, should that become the vision? Or is it that ultimate thing that may or may not ever happen in my lifetime, but still, that's my vision. And that stops me because it feels so important to know, well, what is the vision I'm working toward that I'm going to be developing the business that's going to create all that. And so I'm I timed myself into a knot over this.



35:28

I am so glad you asked that, because this goes to the next point that's on my page that I wanted to share, I wanted to make sure to share with you guys today. And so sometimes we get all bogged down in terms of envisioning, because it's like, well, I've got to get and there's a piece of that any Vons question too, and in Karen's in wanting to get it, right. Okay. That I need, the vision is supposed to be on this page. And it's got to be exactly right product versus process, right. And it says, though, is the vision, but this is something that I have not taught, because it was unconscious competence in me. The last time I talked about vision, I didn't know this consciously enough to be able to share this with you. But it's what I've been doing for decades. So I really, really wanted to share this with you vision. Yes, it is on that piece of paper for Anna Maria, for example. It is really so wonderful that she has that and we all caught a piece of that, like, that's amazing. It's beautiful. And it's a process, we plan it, we draft it, revise it, you can ask me more about all those stages. And you know, in your questions like how do I start brainstorming about this? Right? So all of us there that it's in process? And also brainstorming. I want to mention one piece of brainstorming, too, then I will answer your question, but it's my best way to answer. Okay, how are you getting? So about brainstorming? When Annamarie is going like what would be high ticket? Can you tell me some high ticket things like what would I even offer I said, like, brainstorm like let your brain let your mind and heart plays come up with like 50 things. I can't remember what number I said. But all bunch of things, it could be high ticket for you. And even if there's one you don't like, like write it down anyway. Because that's how we came up with the idea of those three pieces put together. It was from some fun play, that might actually end up being her high ticket. Her high ticket offer we don't know yet. We're not doing that yet, but we already are. But we're not doing it yet. But we already are like she's, you know, so close, right? Could be offering that tomorrow if she wanted to. So, so we plan it, we draft it, we revise it in that in that planning stage. It's it's fun, and it's playful. And we don't exclude things right. And, and so we create that like like Annamarie is that document of that thing. But it's not even just one thing. This is the piece that I want to get at. And this is the part of the unconscious competence that I didn't know that I knew that I wanted to share with you. Vision is beautiful in Anna Maria's piece of paper, and she worked it and it's amazing. But vision is also it is completely embraced piece of paper. But it also is not vision. And envisioning is a way of life. That is a thing that I've never taught before. And I've been teaching about envisioning for years, but I've been doing it all my life. And it's like pulling out that unconscious competence. There isn't. I don't think I was taught that anywhere if I was a didn't get there consciously. But I have been doing that all my life. And so let me give you some examples of other levels of envisioning the kind of short circuits that question like, is it supposed to be this one? Or is it supposed to be that one? Is it supposed to be that one, it's like, always everywhere. So I'm giving you a couple of weeks to like we'll see you I'll see you Thursday, right for about our community really important call. But the the piece that follows up from this most most directly is two weeks from now. And I want you to be doing some things in those two weeks. And I want you to get to experience this, you can create the Euro equivalent of what Annamaria is doing and is still in process with. But also I want you to get to experience this as a way of life. It's how I live and I didn't even realize I was doing it. I go out for a walk. And I'm envisioning my walk, I can't help myself. It's a way of living. I see the walk, I know where I'm headed, this is going to be an hour long walk, this one's going to be the two hours. And this one's going to be over and you know, going north instead of South because I want to be up there. It's a beautiful day, I can see the mountains from the bluff over on Crescent road and and I'm already there and I'm envisioning and I can taste it and I can feel it and that's a for a walk. It's how I live. I can't help myself. I'm always like that. And let me give

you another example too. And, and it's different from a grocery list though. Because sometimes when we learn about about envisioning, it's like I mean do that and that and that and that and that kind of like the way we do New Year's resolutions, right? I want to try to 3d that Call forget the resolutions because not about that, you know, it's like, it's not that and that, in that, in that, in that in that Think of it like story like, somebody wants something, they want something in that area of your life, he wants something and it pulls you forward, it can be in the moment and that walk.



40:20

And I already am envisioning what it's going to feel like what it's going to look like what, how my body will feel what the sunshine on my, you know, on my on my shoulders and on my face feels like and, and, and, and the quiet. And maybe I'm listening to a recording, it's a training and I'll tell you about that in a minute. There's a book that I've been reading over and over that I want to share with you, they want you to read to where I'm listening to a beautiful piece of music and and I am envisioning a call feel. And I returned to like it's both a process and all the way along. I'm envisioning it. And then also it's not a grocery list, I want to tell you now about my yoga practice, I want to find the words to tell you how I think and live envisioning. So you can start to experience this too. And then Heidi's question goes away. Right? Because it's just always everywhere. So I envision the end of my life and I want to go like well what a ride that was, you know, I serve the best I love the best I cried the hardest I laughed the hardest. I connected with the best people that's you guys you know I I did always the best that I knew how to do and I'm so freaking proud and and this is Keith Cunningham, the rich dad of Rich Dad, Poor Dad. He said you know my definition you've heard me say this here in this context, my definition of of hell going to the pearly gates and meeting for me though the woman I could have become definition of heaven, going to the pearly gates meeting the woman I could have become giving her a big hug and saying hi, you're me. Hey, that's so that's some of my vision about like, whenever that is whether it's in the next breath or decades from now. That's how I've lived. And so I envision that and it informs the decisions I make right here right now informs how I'm holding space in a strategy session. You guys know my strategy sessions aren't always like Sandra Yancey, one of my teachers has never have a strike decision more than half an hour. I mean, do I do Am I Am I was a very coachable about that, you know, like, I am not coachable. And the strategies are not half an hour. But like that, that lifelong vision for me informs me of that, because I'm here in service to help people. And if it takes more time to hold space for that person, and that's part of my vision for my life, I'm there for them. But I'm like that I serve that I love that I did the best I could. So it changes my actions in the moment like like with Anna Maria's, you know, it did moment by moment decisions are informed by that vision. Let me give you another example of another version of a vision. Not a grocery list is like this, this thing that pulls me forward. My yoga practice lately is very much my private practice. I'm not teaching regular yoga classes anymore. I, I taught the highest level in the city and Angara yoga, the highest level at my studio used to do that I'm not doing that anymore. It's not my vision anymore. But my own personal practice is really important to me. We started here, which of Austin is I'm teaching about the classes, it's still a big part of what I do. My vision for my yoga practice right now has to do with my left foot. It's very specific. And I think and I've been discovering this over the last couple of years, and I talked to my mom about it before she died. I am pretty sure that when I was a kid, and I had heart surgery when I was a kid, and I'm pretty sure that I think it was when I was in grade five, I had an undetected stroke, I believe I had a stroke, or ever passing out in school, and my left foot has always turned out and all my injuries have always been along my left side, I can't prove it to you, it doesn't matter to me whether it happened or not. But my left foot, there's a ripple effect all the way up my body

because of how my left foot turns. So the entire of my yoga practice for this year is about aligning and aligning that left foot. And when it's the way that it has been for years, it feels normal to me. But that's actually not the natural place for it. So I worked at this morning for an hour, you know, like my practice this morning was almost an hour's as it is and I and as I do that, as I work that I used to have problems with a shoulder and I can adjust how the arch of my left foot is and it and it releases my left shoulder it's been and then that gives me energy for my vision because when my body is aligned, I have, I'm giving you these details because I'm like that in everything that I do. My yoga practice for the next year is about my left foot.



44:32

And I'm not saying from my yoga practice that I'm going to, you know, do better headstands practice, you know, this many times a week and this many days and like desire, it's in story, the thread of desire. Because when I actually do that, that means that I in shoulder stand, I'm going to be doing shoulder stand differently. That means I'm going to be doing different poses that alignment. That means I'm also opening up this shoulder because you know there's a ripple effect all the way up my body. So this one pointed thing That is a vision for that thing has a ripple effect and everything. Let me give you another example. I just really want to be stronger and stronger because I love walking and hiking. And I'm like, I just want to be strong, I want to be in the outdoors, I want, I want to strengthen my body for this work for everything that I do that the more energy I have, the more I can be here with you. And so my aim isn't to go back to the gym, which I usually used to do, and maybe do this kind of strength training or whatever I just decided. In December, there's there's a long staircase up to the bluff in Calgary, and it's near where I used to live is long, it's like many, many, many flights. And I decided by the end of the year, I want to be able to run up them. And it's one point it is that thing over there. That's my vision. But to do that, when I'm coming, I live on the fifth floor, it's I've got a fifth floor condo, I am running up those stairs, you bet instead of taking the elevator because you know, it affects what I do every day. And I also want that strength for being out hiking. And I want that because it strengthens my yoga practice, which gives me strength for you. There's a lot of details about my life. But I'm doing I've not conveyed this ever before. But I'm trying to find the words to say it. That vision is a way of



46:16

living.



46:20

And all of the resistance that we talked about in the first half is going to block that at every turn. But we can open that out for every level of our lives. And I'm not saying that was my vision here. What's my vision? It's not like that. It's not like that. It's actually much more the world in a grain of sand. It says yeah, it's, it's it means that moment by moment, I'm living my life on purpose. It means that with that thing, I am fully present in that thing. And I'm aimed somewhere that matters to me, quirky me, nobody else is telling me about my left foot. Quirky, me, it's mine. And so this, you know, and I'm thinking about what's the destination, but not clean to the destination. That's where I'm headed. I want that product like Anna Marie has beautiful vision, I'm not going to cling to that. I'm going to go through the process of it, I'm

going to let it create. She said one of the strengths she said I'm always adding and evolving to it. She's not thinking that's the one. And we even talked about that. It's like, because it's so beautiful that itself can be a trap like now I'm supposed to do that. I'm not supposed to move anything in that because it was such a beautiful vision. And Michelle even said so. And it was so validated here that I better not move anything. Even though I'm shifting and growing. She needs to shift and grow and change with it as as as as she evolves. Did I land it? I want to say that so emphatically I have not taught that before. And it's what I've lived for decades. Did you hear what I had to say about vision? Because it makes it Yeah, thank you because it changes everything about how we say it. It's and about how we live it and then how we create visions to like, I don't wait until my Grotius moment when I feel like the world is crumbling apart. And then and I'm like, okay, what can I envision about my business? That's what I'm gonna have my least faith in myself and everybody else and then grow from there. So then I'm also going to do my best to be in the best vibration, the best energy that I can be and don't beat yourself up. I mean, yeah, from the abraham hicks teachings like, if you're in depression, anger and rage, that's a lot better than anger than than depression. Depression is listless anger has some energy, right? So don't hold yourself to some untenable standards. Like I'm supposed to be happy all the time. But what's the best that I can find? So that I can envision better? And then I get to live that life? I want to be in that in that better energy. And then I'm sorry, you'll have to suffer through living a better life to to envision in this way, is that okay? If you suffer through living a better life than you did before, because all the while and I'm looking for that, you know, I'm gonna go out for a walk, but it's probably going to be raining and I'm gonna hate like rain, but me I'm probably going to hate it because you know, it's probably gonna be too crowded. A bit up. Everybody's gonna be wearing the mask today, but I don't really want you to know. Now how's my Now how's my walk gonna go? I find the best vibration I can at that moment. And I envision what it's going to be like. And then I also for the things that I'm envisioning I when I when it matters to me, I'm going to unplug from the busyness of things, and I'll put space on my calendar about about it. When we had such a great example from Anna Maria about that. She's like, there's a whole bunch of things she's doing that requires her real lifeforce energy and space on her calendar. She's moving. How long have you lived on your farm? Annamaria



49:35

I have been here 30 years.



49:39

These are big



49:40

changes, right? So real life action in the real world with space on the calendar to do it. So like stories are happening all the time. It's what I'll be speaking when I go speak in Phoenix even in Phoenix and I'll be there with Kieran. The very foundational thing I want people to understand is stories are everywhere when they get that everything changes. I want to add that vision is everywhere is a component of story, what's the thing I want? It's happening all the time, that thread of desire. So why not create the vision that I want and I'm, we live multilayered lives, you know, yoga is a part of my life, my walks are part of my life, I have a vision for my

daughter, not thou shalt go do that have a vision of her being happy. You know, I want her to be happy. Some of you, you know, many of you know, like, the journey that she's been on. And sometimes it's been over here, but now she's on the clear course. And sometimes it's easier, and sometimes it's harder, but that's my vision for her. So I plan it I drafted I revise it, and sometimes I do that just all at once. My planning is, oh, I think I'll go for a walk. And then I'm like, Oh, wait, I'm missing my shoes. So I was gonna go over there. But I go find my shoes. Right. I rewrite you know, I started drafting it. I'm gonna grab my hat. I'm gonna get you know, in there, and I'm not writing it down. But you know, I'm gonna grab my head. I'm gonna grab my shoes. Right? Oh, wait, I forgot about the planning. I forgot to get my sunscreen. Let me go get that let's planning and drafting. And then I went for the walk. And I'm like, oh, man, it was like festival there were 1000 people that I shouldn't go on then or like I had Sunday was like festival here. I loved it. Tons of people. And I can revise it right on the way. In fact, I was doing that at the wildlife festival, paying attention to my energy 1000s of people in the streets and I was really happy actually. Because people were dancing. People were together. For me personally, selfishly, I'm, whatever is in your life is fine. For me. I'm tripled back. So I had the flu shot too. And I've already had COVID I felt like, Hey, I'm Superwoman. That's how I felt. But I was weaving in and out of the crowd. Like right now my vision is I want to be in and amongst the people. Right now it's feeling a little too crowded, I can't move and I move on to the sidewalk where other people weren't. And I'm living that vision, moment by moment as well tapping into how I'm feeling what feels right for this stretch of this block is also a vision. If you got that about the it's a way of life, raise your hand. I have never taught that before. Thank you. Heidi. Did that answer your question? Thank you. All right. All right. Um, what else? Couple more pieces that I wanted to give you. And remember that it's the why first if you go hell, I don't know how to do it. Oh, my goodness. Like, if Anna Maria thought about all the house first, which you've written this vision, you know, there's a bunch of house she's gonna have to handle. But when she knows why she wants to do it, it just comes under selling the farm, you know, like, there's a bunch of houses about that. But, and yes, she's got to handle those and figure it out. But she will when she's got this over, like, overarching vision when she's got this dream, when she's got this thing that naturally pulls her forward? And does she have to go and do something you can't if you want to? It's not wrong, but affirmations about it or whatever it is she go, what's my vision? Again? I can't remember. To get it. It's like it's in her because it's from her. She's not gonna go, oh, wait, I forgot my vision. Because it's from her, she really actually wants it. It's driving her forward and informing her everyday actions. Right. So if you're just forgetting your vision, then it's not your vision yet. It's strong. And it's purposeful. And it's you. Do you love it? We talked about that earlier. You know, check it if you check in with your body chicken with your results. If you if you don't love that vision, then it's again, Heidi, thank you for that touchstone for us. You know, if you don't love your vision that's working with that woman. And it's like, your body's telling you your results are telling you working way too hard, and so on. Right? Do you love it? You can bet from even what Mr. Emery told us about it. It's just like, Oh, I like she loves that vision. She loves that person that she's becoming in doing that. Right? You can feel it in her and each. Each of us has that in us. So if you've got an editor going, but I don't have that, then that's your piece of resistance to work with. Right? That's okay. That's okay. I'm going to add another piece, a little piece of training. How specific is it specific or general? Sometimes? Like let's say Annamaria was less con Can I do this Emery? Are you okay? With your vision? You're like, yeah, so that I can play with this. So let's say Anna Marie, were less confident about it. Like she's very strong in this vision. She could have said something like I want in 10 years to feel like a real winner in competition. Can you see this much more general?

11 24:55

You want to check in and see how you feel about that vision. This vision lights her up. She's ready for that specificity. If she wasn't if she were feeling less confident if she didn't have that inside her yet. She might start with a vision that said, I want to do well in competition 10 In the next 10 years, and then that vision could be born and evolve and grow and grow more specific. But check in with your body If it's like, if it's like, I'm going to

55:08

I don't know what the example is, but I'm going to, I'm going to make sure. Here's one that's too hard and too, like, I'm going to make sure no matter what my daughter is happy every day of the year, starting a year from now, today, you know, like this too specific for me, right? And I'm not in control of all the parts, and I'm just like, makes me feel a little sick. So I don't want to create that specific vision. It's not even my life, but it affects me that is part of my vision, I want happiness for my daughter. So I'm going to make that a little less specific. I'm going to say, I want my daughter to find things that support her more and more. So she becomes happier and happier as her journey goes forward. Oh, now I can breathe better. Now I'm relaxing more, can you see number two is better for me than number one. If we only ever have general, general ones, like I want to travel and do well and make some money has no pulling power.

56:03

Everyone wants that. So

56:05

more and more specific. But check in with your body. If you go too far, then you got to work with that resistance to be able to make it specific. Or sometimes you're going to back off like I just did with Dana, could you hear it? Dana, when was a good example. All right. Just a couple last pieces to teach you. Because all this builds on this should feel familiar to you. This should make sense from everything we've already done. So I'm going quickly here. But all this should just go like Yeah, yeah, makes sense. By the time we're here. There's story elements in it. Who is the hero of the journey? Heidi was not the hero of the journey and serving that other person. Because it's like it's her life. She gets to choose what do you actually want Heidi, you don't want to work with her, you feel like you're supposed to work with her. Same with the copy that we looked at Karen, right. Who you're supposed to work with versus who your heart longs for? Listen to your heart's longings, right, who's at the center of the story, in this case, with your vision you you've heard me say elsewhere, probably, if you're not at the center of the journey, their strategy sessions, this one won't go well, because you'll want to be the center of the of the story. They're like, hey, person who's the team member, or whatever it is, I've got to be the center of the story here, because I'm not in my own life. Be at the center in your own life and company. And then you can give it away to others, you know, when is their time because you're confident in your own vision, right? You are at the center of the story. What's your desire, that's another story element. Imagery already mentioned, I just wanted to gather the threads here together. Things I can touch and taste and smell and feel. Annamaria has other parts of what she wrote, what it actually feels like to be doing that we are little pieces of it. And you can imagine I could do that with my daughter when she's happy. And we're even watching

a silly show. And she's giggling on the couch, and we're eating popcorn, like I can fill it with real things that are tangible, that I'm living already, because I'm describing them. That's a vision, right? You could draw it I like words, you know, because we can paint more detail with the words, you know. One more piece I want to mention, because if you've been with me before, lining up the money with the vision, because sometimes we have a vision that says I'm going to work with these people, but we out of the money it goes, Yeah, and it's gonna make me \$36.27 In three years. Because I'm given all my stuff away. The vision may feel good, but it's actually still misaligned. Or, like, I've got to make a billion dollars. But I actually don't really ever want to work with anybody. That's another miscellany. But I mean, right? misalignment, right? And so and so. But I used to work more deeply with people, but in the Love Your Life Community, we have started, we have solved that problem for you. Do you know, when you engage in this structure that we've given you, here's the money, do high ticket in the thing that you love, right? But we've given you a structure so that to avoid that mismatch? Right from the outset. Makes sense? So if you've heard me trained about that, before, we wanted to solve that problem for you. Yes, there's a details about do a sell 5000 or 10,000 or \$100,000 package or a million dollar package or whatever, like, but it's 5000 and up, and that solves a lot of problems. All right. In case you're wondering about that. All right. All right. We're coming toward the very end of our time together here today. I just the only thing I wanted to do is a couple of things.



59:41

Remember that for the week of June 20. We won't have those Q and A's that we will have starting I think the week after they're new. Are you going to be Monday, office hours Tuesday q&a. I'll talk more about this on Friday on Thursday and you can ask me questions about it. But and then Thursday, but not next week. But the week after we have to Half day retreats, I don't want to give you Q and A's as well, I want you to be there, right? And you can ask me questions there. So post the questions by then you'll be able to post them through the Jot form. If you're confused, reach out to me or reach out to me, we're building these structures for ways for you to ask questions. All right, and you should be able to do that by next time. If you want me to do some laser coaching with you around a piece of your vision. Heidi, you know, Ivana or Yvonne is going like, I don't know how to do that your long vision or whatever it is. Ask that question. And then that creates that space. And we'll do that all right. And also, you know, what visions you want, there's a vision is everywhere. But I've asked you about like a three year vision of what's your vision? What's your vision for this quarter? I asked you that in the survey, and those are good markers to have three years is far enough out that it helps us dream bigger. When you're tells me well, if I want them three years, I better be doing stuff in this year. And this quarter makes it tangible. My actions right now make sense? So those are good frameworks. Yes. You're always envisioning and build that out, have those ones built and, and, and then also, the love your life vision that we've given you. Right? That's a two year vision. Great for you to embody that to think of the details that's kind of like between the one and three, or for some of you, it's before the one you want to get it done in a couple of months, right. But that's another marker, we've given you the structure for that. What's your best envisioning that you can do have that? What does it look like for you, when that's accomplished? What does it feel like? What does it taste like? What's your life like when you're doing that? Those are some great touch points for you of visions to create, right? So I suggest you do that. And you've got some time in the next couple of weeks, where we're not meeting and training to do that. All right. Anything else? Yeah. So three year, one year, the love your life, vision and quarterly vision. Work on that you can meet in connection calls with each others you can play with that. We're not training next week to give you time to do things, I have some things that I would like you to do before we next meet. But think of it instead of us training or use that time to do these

things. All right. And also, there's other things that you are on your calendar, and I need to let go of some things we know how important it is to have that vision, that thing that you think you have to do. Karen, I know you know about that, right? That thing you think you have to do, and all of a sudden you have a whole extra day. So if you don't know how to find that time as Karen, she found a whole extra day. All right. And hold that thought because it's your go ahead here.



1:02:33

Go ahead. Sorry, you're muted.



1:02:37

I got rid of the thing tomorrow and asked to move my unmovable here appointment that I've had forever. So



1:02:42

right, the things we think we have to do to stop us in our tracks with our vision. Because it's always been so so thank you for that. Yes. All right. So here's what I asked you to do. Take the time where we would normally be training, do this. thought about this a long, long, long time. I want you all to read the Science of Getting Rich by Wallace Wattles, the science of getting rich, and Yvonne, can you put the name of it in the chat for me The Science of Getting Rich, it's not a long book. And I have been reading it four chapters a day for this long. Like since October. And I have not missed a day. I'm asking you to read it once I've read it countless times over and before I started this, I'd read it about seven or eight times, I don't ask you to do things that I'm not doing myself. This book is outstanding for understanding what your vision is. And if there's any piece of feels confusing, or you don't get Don't worry, like I read it eight times over probably before I started this, I read four chapters a day, I'm just asking you to read it once got 17 chapters, and it's short. Before we meet two weeks from now. Go get a copy. I listened to it on audio. It's you know, you can listen to it while you walk. That's one thing I'm asking you to do before two weeks from now. And then it will help you in ways I can't even describe. But you can ask me questions about that. Why did you ever read it? We'll talk about it. Second thing, I want you to go for a walk three times a week. Go for a walk, I suggest an hour but you go for five minutes if you want but I suggest an hour, three times a week this week and next week before we meet two weeks from now. Because you need some dreaming and thinking space. I told you about my walks I walk all the time. It's like what are the Envision some space where people aren't pulling at you out there in nature, moving your body, you can walk on a treadmill if you want, but golden walk three times whatever that is for you. So there's spaciousness and then write out your three year your love your life, your one year and your quarterly vision. You can workshop it with each other, that'd be a great thing to do. You could spend the you could cancel your week, next week and spend your time only on this. And I promise you that would be worth your while. Right? And you might go well I can't cancel this. I get it but I'm just trying to say how important this is. All right. Find a space to do that. And then you can ask yourself these questions. You know, have I written out a specific vision for myself? Whether you spend five minutes on it or 10 hours? Just to do it, even if it's a sentence, right? Do I love it? When you look at it? Do I love it? If you don't, it's okay. Remember, it's in process, but just see Do what you can. Is it easy to keep in mind? Because I love it think of Anna Maria, you know, I wrote it

down, but it's about wearing black shoes. And I hate black shoes, you know, and I can't remember whether they're blue or purple. Right? Easy to keep in mind, Vision everywhere have I started living in a way that has vision at the center and at the core of my life so that I'm always guided by vision, you can think about my left foot or you know, whatever piece you think of right my daughter, etc.



1:05:48

Vision.



1:05:52

How specific is my vision is okay, that it if it's general, but just notice it? Is it like I want to live a happy life now till the end of my life? That's very general. Annamaria? I am I'm planning to win the Olympics, for very specific for Ecuador. Right? Very specific. And there's everything in between. Right. So how specific is it? And is it specific enough to draw me forward? And if not, you can ask questions about this. Just notice without judgment with all this notice of the judgment. And think and then also tracking notice the resistance on their case question. Diane's question, right? Where are the places where you go, Oh, I can't even write a vision or Oh, my won't be like Annamaria is like like Yvonne, you know, editor, right? Thank you for that Yvonne, or, or oh, I you know, which which level most like Heidi's and miss is supposed to be here, here or here. So that stopped me. And hopefully we've cleared out some things around those editors right now. But just notice it. Because bumping into those editors is going to be so great. For our whole two year journey together. You want to bump into that right now? It's okay. Better than when there's a cure yet. Here are the basic questions. What do you want? And that's a simpler question, then like all the moving parts of a launch or whatever, in stage three, stage four, the moving parts of a talk, etc, etc. Like, when you bump into it, go look, yeah, I bumped into it. And if you don't feel like that, in the moment, it's okay. Know that you will feel like that as we learn to work with them. That piece of resistance will help you so much in stage three, and four. And I'll be in stage two as well. And also, it will tell you who you are, what your core values are, who your biggest self is, it'll put you beyond competition. So keep it even keep a journal and jot it down. Right? Have it made sense, you'll have this recording too. So if you go, what was that? Did I get it you can connect with each other? Because I know I went through it quickly. You'll have this recording as well. And some of the things we sometimes will have things in writing for you. Sometimes we won't, because this is the cutting edge of what I know, is happening right here right now. And for me to deliver that to you the best of what I know, I might not have it written out for you. And I hope that's okay, because I wanted to tell you that vision is a way of life. And I only just recently that came to consciousness for me, I want you to have the best of the best making sense. All right. Any questions about what I've asked you to do even just think of the time that we would be training, do these things instead? All right, and you had two weeks to do it? Yeah, Heidi, go



1:08:16

ahead. You'll notice my resistance is the big vision and have you know, is that the three year vision? Or? Like, is Anna Maria going to win her Olympic gold medal in three years? Is that?



1:08:33

No, here's the thing. Anna Marie gave us an example of an amazing vision. And what I'm asking you to do, I wanted you to gather the spirit of it. But then don't think that you have to make yours exactly like Anna Marie isn't if Annamaria goes like oh, no, don't you know, don't worry so much about the details. The reason I've asked you I mean, don't worry about the details of have I done it right. That's the part I'm trying to say because I've given you three years because I think three years is a really great timeframe. It's not 20 years out because 20 years out, we kind of pipe dream sometimes. And it's not real in our life when we don't take action. If we think about tomorrow, we don't have the bandwidth to try to think really bigger. Three years, I really like three years. It's a nice framework for us to dream big, but then also see that it has to do with our real lives now. So is that the only kind of vision we can create? Of course not like I say vision is a way of life. But I really like that three year vision and then the one year vision and then the quarter. I've also added in for you the love your life vision, which I can't name as a particular length of time. And Emrys is also kind of like that to like how you know that love your life vision. Is it to your vision in a way was not for Carly, you know, for instance, right? She's like Michelle, I'm doing that by December you know, so so so that's why I've said and you know, three years, one year that the quarter And then asked me questions about it coming up and help each other with it and put your life force energy into those actions, so that it doesn't become a piece of paper that isn't enacted on giving yourself space to think and dream. I quoted Rich Dad, he said, many companies fail because the entrepreneurs don't take time to think this is one of the biggest trainings that he did. You know, he built \$100 million company lost it all built it back again, an amazing heart centered man, like entrepreneurs don't take time to think so I'm suggesting you take time to walk. Think dream, envision and take some time to write it down. I'll make consents, and signs of Getting Rich, you'll see a chapter and I'll pick it up again, as we start into the offer creation. I'll pick up the wife I want you I want want you to read science of getting rich, but it's great, great, great stuff on envisioning. I don't want to reinvent the wheel here. I've been reading it over and over and over again. And I've been learning from it for years and years and years. And now I want you to read it. And if you bump into trouble with it. Oh, well, you'll see your editor there. I can't read that. I don't have time. It's not for me. I don't get it or whatever. Use your editor about it. Why am I doing this? I'm supposed to be doing this other thing. Great. All that is gold, write it all down. Because the form of that will teach us even if I was asking you to read Mickey Mouse and Minnie Mouse go to the moon. It would help you and this will help you much more than that make sense? All right. Any burning questions without which we can't go for it. Remember, we meet on Thursday too. So any logistical questions and so on, we can answer them. Anything burning to be said like I just really don't get it. Michelle and Yvonne. Thank you for adding it to the chat. All right, we're gonna wrap it up today. I know we're a little bit late. Always block out an extra half hour when our meeting you know me, I go a little late. Sometimes I'm just like, oh, I want you to do this. And this and this. And this. Block out extra time, every time. All right. And we're gonna end with one Aha, and one inspired action, so that you can hear even a piece of what other people heard it might be the most important thing you hear the most important thing for Mary Kay maybe what Diane says the most important thing that Diane hears is what Karen says and etc. Right? So when Uh huh. And when inspired checkoff double action, I'm going to do this thing, I gave you some things that I'm asking you to do. But you can have you can name one of those or you can name another thing, like I'm gonna go rest after this. My mind is blowing. Like, that's a lot. I'm gonna go journal about this, there's a couple things that I didn't get a chance to write down any action that goes out into the real world. So it's not just head knowledge drove me

nuts at the university, like real on the court. actualized. Right. Mary Kay, you're up in my upper left hand corner when Uh huh. When inspired action to take us home. My aha is I have a vision. It's just covered up. Nicely put. Yeah.

 1:12:53

And my inspired action is one I'm going to do right now. We're going to honor exploring my resistance, and I'm resisting the inspired action. Yes,

 1:13:07

I'm perfect. And it's perfect that you are and that exploration itself will be hugely fruitful. I know. You know how to go inside and do that. Thank you, Mary. Kay, that's beautiful. Thank you, Yvonne.

 1:13:23

My vision is strong, its purpose purposeful, and it's me. And inspired action. Once we jump off the call, I'm going to kind of calendar rice, you know, my walks and things like

 1:13:40

that. tastic great thing to do on the calendar. They actually happen. What matters what am I? Where am I putting my lifeforce energy, good. Karen.

 1:13:54

AHA is the why my resistance is around how around the lawn mowing and not being enough and proving myself to my dad and all of that. So that's really interesting. So to explore my resistance further, to get to get Yeah, just to lean into that more, more about that. And my inspired action is to do the three year when you're, you know, one quarter vision and to read the book, The Science of Getting Rich. I like how

 1:14:34

like, everybody's personality comes out. And it's like who you are, right? Yes. going for it. Oh, no, I don't want to like the tool as we do it. Yeah, watch how you're laughing. It's like lots to learn in this. Thank you. Beautiful. Yes, Diane.

 1:14:52

My biggest aha was the idea of living, envisioning everyday and everything that we do



1:15:00

Thank you for underlining that I'm so glad you heard it. I have not taught that before because I was doing it all the time and I couldn't see it. And when it came to me, I'm like, oh my goodness, I have to share this. This is this is the difference that makes it actually actualize one of the pieces, but it's crucial, crucial, crucial, crucial. It's utterly different from another way of seeing it like yours. Yeah, thank you. Yes. And you're inspired action.



1:15:28

Walking off time to go for the walks and work with my vision.



1:15:32

Perfect. Yes, thank you, Heidi.



1:15:41

Just the vision is everywhere. That blew my mind. I mean, I you know, I've heard you a million times story is everywhere, but it's everywhere. It's like, yes. Everywhere.



1:15:57

That blew my mind and I've been loving it. I'm like, Oh, right.



1:16:00

Like to actualize it by living into it is just so beautiful. And am I inspired action is start writing let go and trust what shows up. Thank



1:16:14

you start writing the code trust a great model for all of us. Yes, thank you. Anna Maria.



1:16:25

My hair is I love what you said about vision is a way is a beautiful way of life. My inspired action is to read again, the science of getting rich. Yes. And also work on my one year vision and quarterly vision.





1:16:42

Perfect. Thank you love it. Thank you so much. parley



1:16:49

My aha is? Yeah, just the living of the vision every day and that I actually it's it's a lot of what I do with my clients and I need to do it for myself. Right



1:17:01

notice.



1:17:04

Oh, am I inspired action is to actually go on my first walk since I got sick in January. So my first time going on a walk. Wow,



1:17:15

perfect, perfect, perfect. These pieces that I'm giving you the of what to do? Simple walk simple. What do you want simple. But in the enactment of them, it'll be taken up differently for each person. It's your journey and watch how you're playing. Watch what comes up. I'm so excited for all of you and us together. And well. I mean, this has been my favorite, favorite, favorite and envisioning ever, ever, ever, ever, ever. Let's because you guys are playing like up here. And that calls that out of me. Do you know what I'm saying? It's like I need to notice better. So I can share with you the best of what I can do. So thank you for that. You are amazing. I love you dearly. And I can't wait to see you. On Thursday. We're for found that you know the state of our community, the foundations of where we are and where we're going. So super important call. Then after that, remember, we'll see you in two weeks and you got some stuff to do. So. Have a fantastic time. And we'll see you on Thursday. Yes, Karen. Just before we go. Yeah. I just wrote you a private



1:18:19

note. So can you please just read that before we before you close your chat?



1:18:25

Oh, yeah, she's, she's doing that right now. Okay, thank you for doing that right now. She got the note just before this. So, um, and then just reach out to me if there's you know, if there's anything else you need, okay, like, just reach out. But I got the note just before the call. Just before the summit. Yes. All right. Yeah. You're so very welcome. And thank you for asking. Have a fabulous, fabulous, fabulous day, everybody. I will see you real soon. Bye for



1:18:46

now.