

V. Create Your Future Vision

BACKGROUND: The future vision is about getting a clear idea of what your ideal vision of your future is; It defines your “*Telos*”, the end state that you want to achieve. It should answer your ‘Where?’ and ‘Why?’

This exercise will help you define this future vision of yourself with precision, so as to help you take your decision. Decision means precision. Precision focuses our energy.

The process to create a clear future vision requires 3 steps:

First we must start brainstorming about 2 or 3 possible **scenarios of professional or occupational paths that you want to follow**, together with their possible outcomes.

Second we decide which of the 2-3 scenarios is most ideal, by using the decision-making filters of Ethos, Pathos, Logos (as we did in a previous Askesis.)

Lastly we will create a visual representation of it (Vision Board, Slide-show or a Motivational Mind-Movie mp4) which we will view regularly to connect us with this vision on a profound level.

NAME: Creating My Future Vision®

PURPOSE: Setting a clear destination.

INSTRUCTIONS: First, explore two or three possible scenarios that will enable you to achieve your vision for your future. Be as specific as possible: Describe everything in vivid detail: *Where do you want to be living? What will your occupation be? What are your family requirements? What will you see, taste, smell, feel once you have arrived? By when can it realistically be fulfilled? 1 year, 2 years, 3 years, 5 years ahead? (“Kairos”)* Give each scenario a **title**, so they become more distinguishable in your mind.

You don't have to write full sentences, just **jot down the main points** of your 3 scenarios on a separate sheet of paper or computer screen.

Example: It is the January 2025, and I am living and working in Paris, France. The kids are going to the International School. Me and (spouse-partner's name) are really well and in harmony together. My company is making X turnover and it has been awarded X prize....My health is great, as I go jogging every day and play volleyball once a week with the team. etc...We also go skiing in the alps once a year. My actions are really making a difference toetc...

Then, use The Alkistis Method® to filter the most ideal one of all:

ETHOS

1. Does it reflect my core values and the ***Personal Mission Statement*** ?
2. If not, where does it deviate, and what effect will that deviation have on my integrity, prospects, and overall life experience?
3. Do I really have the integrity if I choose this scenario ? Be positive here, but also realistic. Remember, "*To thine own self be true.*"
4. Am I ready to change my life, if that's what it takes to achieve this scenario?
5. Who will your vision make you become? Carl Jung: "*The goal is important only as an idea: the essential thing is the OPUS (i.e. the work on oneself which leads to the goal: that is the goal of a lifetime.*"

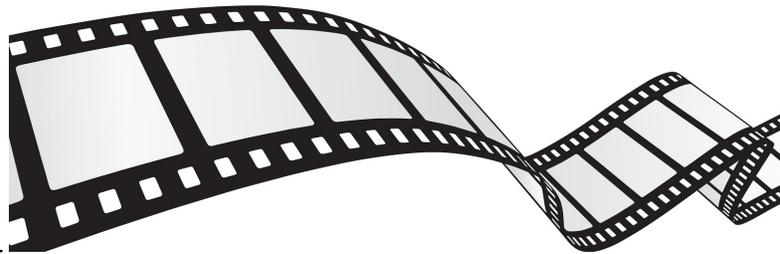
PATHOS

1. What ***undesired changes*** are necessary for me to make which go against my grain, desired lifestyle or way of doing things?
2. What is my greatest ***fear, concern***, discomfort or uneasiness about this scenario? What other ***emotions*** does it inspire in me?
3. What do I really ***love*** about this particular scenario?
4. Will this scenario really bring ***meaning*** to my life?
5. On a scale of 1-10, how ***excited*** or ***moved*** am I about this scenario? It should ideally be something like "***HELL YES!!!***"

LOGOS

1. What does this scenario mean for me **financially**? Do I have a clear understanding of the consequences or do I need more research?
2. What things, situations, **lifestyle habits** will I need to change? (Make a list)
3. **Who will these changes affect** except me? (i.e. family members, friends, main stakeholders)
4. Whose **approval** or consent do I need to proceed and will this be easy to get?
5. How large of a **disruption** will this scenario cause in my present life?
6. Do I have a clear plan or **strategy**? What are my milestones? (Make a general ‘flow-chart’ showing major milestones.)
7. Does it depend on outer circumstances or do I have a reasonable **‘control’** over the process? How do I minimize risk?
8. What are the greatest **obstacles** for manifesting this scenario?

After this filtering process is complete, it will be easier to **select ONE** of these scenarios as being the most ideal, compelling one. Write the name of this scenario here:



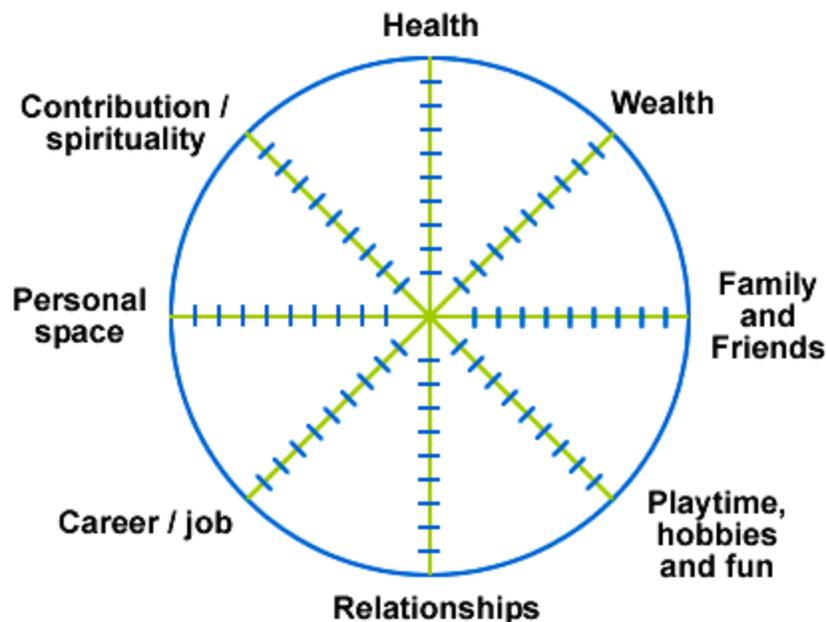
In order to also engage the **right side of your brain in manifesting this scenario**, It's recommended to make a visual representation called a “Vision Board”. You can do this by using photographs and sticking them onto a ‘*collage*’, or making a “Slideshow” on your computer. Even better, is to use audio-visual software, to create a “Motivational Mind-Movie” (mp4), complete with inspiring, upbeat, empowering *music* and titles.

Apply your imagination with ‘role-play’. For example: Some of my clients have even created a ‘mock’ interview of their future-self by a “reporter from CNN” who asks them about their life and accomplishments, as if it has *already* occurred (in the future year 20XX). There is no perfect way to do this, *have fun with it*.

When you are done, I recommend watching it once a week. While watching the “Vision Board” , “Slideshow” or “Motivational Mind-Movie”, try to really imagine that you are in the scene, by engaging *all your* senses. Allow yourself to fantasize! The more vividly you can fantasize *the better because it will* transform the way you see yourself TODAY, and you won't feel as ‘stuck’

when things get tough, because you have already “been to the mountain-top” through your “Motivational Mind-Movie”.

The best way to predict your future is to create it. Make sure to include all areas of your life, for example:



Plotting Your Path To Realize Your Vision On a Flow-Chart.

We recommend that you plot out your path towards your vision in a graphical way, so that you engage the right side of your brain. You may have another way, but creating a big flowchart on whiteboard or through flow-chart software is ideal for this task. To use a flowchart for planning out your life goals, start by creating a *top row* of the top 5-6 aspects or cornerstones of your end-vision. (See “bubbles” below). A *flowchart* can help you lay out the road map to your goals, and by working backwards from the big goals (with specific dates to be accomplished by) to the smaller tasks, you can eventually boil those big goals down to the everyday tasks you need to do to achieve those dreams. Here is the general idea of how a flow-chart looks:

**VISION-'TELOS'-MISSION
ACCOMPLISHED BY DATE:**

