

EMPOWERMENT

What is My Vision

DEFINING VISION

- A vision is a realistic, credible, attractive future for an individual.
- A vision should describe a set of ideals and priorities, a picture of the future, a sense of what makes the individual special and unique, a core set of principles that the individual stands for, and a broad set of compelling criteria that will help define the individual success.

DEFINING VISION, cont.

- **Realistic:** A vision must be based in reality to be meaningful for an individual.
- **Credible:** A vision must be believable to be relevant. A vision must be credible to yourself and those around you. One of the purposes of a vision is to inspire you to achieve a level of excellence, and to provide purpose and direction.
- **Attractive:** If your vision is going to inspire and motivate you and those around you, it must be attractive. People must want to be part of this future that's envisioned.
- **Future:** A vision is not in the present, it is in the future. A vision is not where you are now, it's where you want to be in the future.

What having a VISION does

- **It attracts commitment and energizes people.** This is one of the primary reasons for having a vision: its motivational effect.
- **It creates meaning in workers' lives.** A vision allows you to feel like they are part of a greater whole, and hence provides meaning for everything that you are involved in..
- **It establishes a standard of excellence.** A vision serves a very important function in establishing a standard of excellence. In fact, a good vision is all about excellence.
- **It bridges the present and the future.** The right vision takes an individual out of the present, and focuses them on the future. It's easy to get caught up in the crises of the day, and to lose sight of where you were heading. A good vision can orient you on the future, and provide positive direction.

Core Beliefs, Values, Purpose

CORE BELIEFS AND VALUES

- Beliefs and values are a critical part of guiding your attitude and vision. You must have a sound set of beliefs on which gives you direction for the course you are about to take. This success will only happen if you set standards for your life are faithful to those beliefs and values.

PURPOSE

- Your purpose defines your existence. A sense of purpose and direction is essential to your commitment. A shared sense of purpose is the glue that your goals, beliefs and values. This purpose gives dignity and respect to you and those participating in the effort. And, when it promises a better future, it gives hope.

Properties of A Good Vision

- A good vision is idealistic.
- A good vision is appropriate for the individual at all times.
- A good vision sets standards of excellence and reflects high ideals.
- A good vision clarifies purpose and direction.
- A good vision inspires enthusiasm and encourages commitment.
- A good vision is well articulated and easily understood.
- A good vision reflects the uniqueness of the organization, its distinctive competence, what it stands for, and what it is able to achieve.
- A good vision is ambitious.



QUESTIONS?

The Mirror Has Two Faces

The Mirror Has Two Faces

The relationship between the mind and the body can take many different forms. *Mind* and *body* has the same mutual result as **cause** and **effect**. Your actions speak what your mind is thinking.

The Mind says:

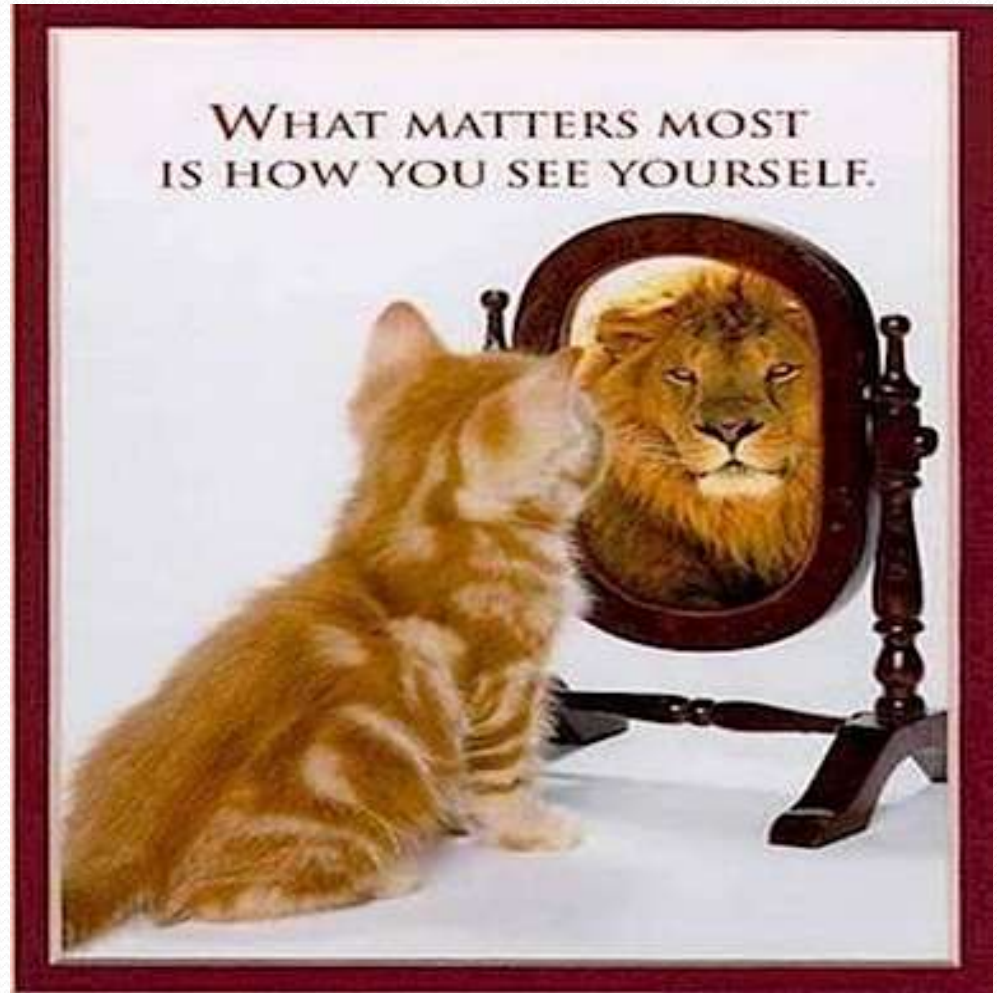
- Lonely
- Hurt
- Angry
- Depressed
- Happy
- Successful

The Body says:

- Find anybody
- Cry, pray, eat
- Snappy, bad attitude, curse
- Abuse the body (alcohol, drugs)
- Celebrate
- Confident

What Do You See:

When You Look in
the Mirror?



The Mirror Reflects...

- By the age of 25 most of us already have a self image of who we are, and in turn we live life based upon that image we have of ourselves. All of the decisions we make and the actions that we take are influenced by that image that we hold to be true of ourselves. The self image that we have for ourselves determine what we think we can achieve, or that we cannot achieve, or our judgments and believes that correspond to our capabilities.

The Mirror Reflects...

- Now the self image that we have of ourselves is shaped in the development stages of life and has many contributing factors that mold the outcome. Past experiences, successes, failures, feedback from peers, comments from strangers, the way we were raised and childhood experiences all play a part in this. I often refer to this as social programming. Many insignificant events that have happened to us, that we have probably already forgotten can have a permanent result on our self image.

The Mirror Reflects...

- We are creatures of habit and once we have the self image of ourselves created, we constantly reaffirm that image with the decisions and actions we take.
- This is why change is painful to most people. If we wish our future to be different, then we have to start breaking out of the self image that we have developed for ourselves. And this explains the saying “If we want to change others and our world, then we must first change ourselves”.

The Mirror Reflects...

- If our thoughts tend to be along the lines of “I do not have the confidence”, “My luck is terrible”, “I am poor” etc... Then that is the future that we are creating for ourselves. We need to take our self image seriously since it is the definition of what we will become tomorrow. If you seriously want change in your life, then we have to start with ourselves. We need to identify and remove the aspects that are holding us back and add the aspects that are harmonious with the future that we desire.