

This is an example of an annual discipline called the “10 by 10 Visualization”<sup>1</sup>, where you define what you want your future to contain by:

1. Identifying 10 things that you love to do, and
2. Their associated accomplishments.

## 10 by 10 Visualization

Item	10 Things I Love	10 Things I have Accomplished
1	I choose to love, honor, respect, and share my life with God each day with connection through meditation and prayer, asking for guidance, forgiveness, and direction in how I live my life.	I have my creative talents reveal, uncover, and expose awareness with deep perception, such that a breakthrough is experienced in others lives and mine.
2	I choose to love, honor, respect, and share my life with my wife; wake up and go to sleep at night beside her each day – I choose to be in love with her and share the important things of our lives with each other.	I have story telling talents, skills and knowledge, which I use to help people appreciate and understand what may be possible for them.
3	I love the flexibility that my daily life allows for me; I can choose the day that I want for myself, at any moment of the day and have it occur with positive results.	I have caused a breakthrough in revenue generation for myself and am doing it through being fully self-expressed.
4	I love to see a changes in people such that they experience awareness and understanding that they had not perceived before.	I have my business grow exponentially and experience growth in myself by way of the number of products I have sold, along with clients and people that engage with me. We have expanded our businesses to 4 separate divisions within next 12 months by Month, yyyy.
5	I love to ask questions, use my listening talents to understand what is occurring for someone, and have that occurrence reveal something important for them.	I have my talents, experience, and contributions rewarded by receiving financial abundance such that all our current obligations of \$nn,nnn and my dreams of \$nnn,nnn for this year of 20yy and \$nnn,nnn for next year of yyyy become reality.
6	I love to be outdoors to exercise, experience fresh air, and sun by walking, riding bicycles, or driving my car.	I have lost nn pounds by the Christmas yyyy and continue to approach my natural body weight restoring my health and wellness with exercise, sleep, meditation, and healthy eating. I am adding years to my life.
7	I love to read for learning, the experience of understanding and expanding my thought processes.	I have expanded my networking groups through my daily conversations and discussions to broaden the referrals and connections with other business and professional people.
8	I love to experience and watch contentment and happiness happen in people and life. I like to hear and read stories about it.	I have engaged in transformation education such that I complete the Landmark Forum and Advanced Courses by June 30, yyyy.
9	I love that I have growing confidence in myself, in my knowledge & skills and that I am willing to take risks, regardless of the perceived difficulty ahead of me.	I have engaged in education activities that will cause a breakthrough in my level of understanding and consciousness.
10	I love that I do not know how my future will turn out and that I must live each day to the fullest to experience all of life's possibilities.	I am continuing my flight training checking off the required certifications and such that I am flying at least once per week beginning in August yyyy.
Post it where it is highly visible – your bathroom mirror, your office tack board, anywhere that allows you to see it daily.		

<sup>1</sup> Ferry, M. [2005], *Creating Sales Velocity: Awaken Your Power to Attract Sales Effortlessly*, Spirit Publishing, Fulton, CA. Pages 119-124.