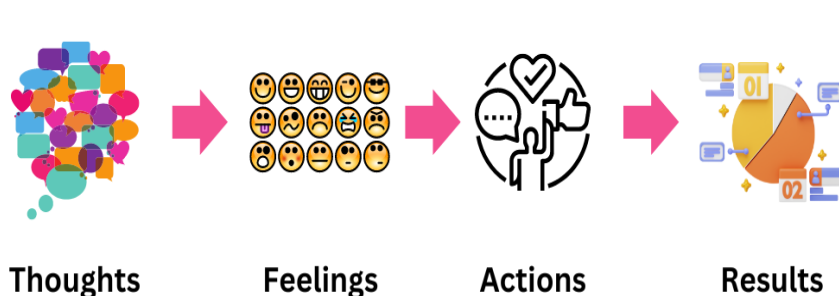


Creating an ignited vision and reflecting on your values



Our **thoughts** IMPACT our **feelings** which AFFECTS the **actions** we take and DETERMINE the **results** we get.

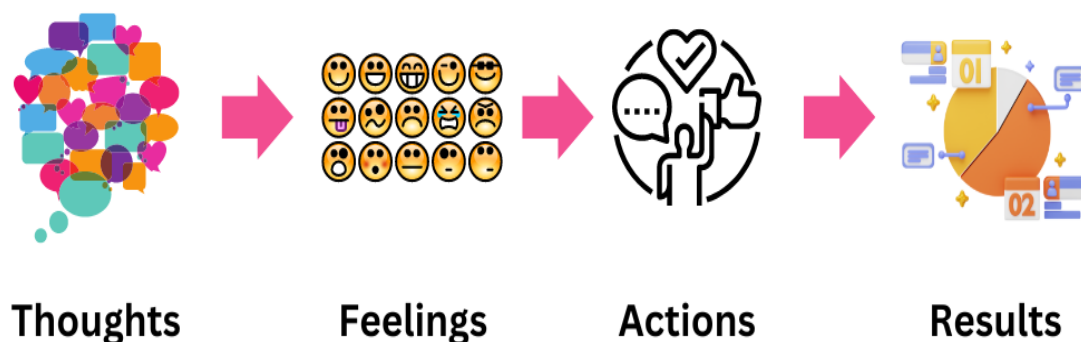
When we think a thought, we feel a feeling.

What is an ignited vision I hear you say?

An ignited vision is a clear, passionate, and inspiring vision of YOUR future that motivates and drives YOU towards YOUR goals. It involves visualizing a desired outcome with such clarity and energy that it sparks you to take action (do something) and remain committed.

You may have an idea for a job, an area of work or a course that you would like to work in/do, or you might not know what you want to do (which is completely okay and normal for many!) but you have an idea of the type of person that you would like to become and the lifestyle you might lead. These are all starting points which can be explored and will help shape your journey (as cliché as it sounds I think life is a journey and we are creating a map as we go along, but these are my beliefs, what do you think?).

There are two places we can be – stuck or living in our valued direction – what do you think to this statement? What does a valued direction mean to you?



How do you get started?

I'm glad you asked! Here are some steps to help you:

Creating an ignited vision and discovering our values involves several thoughtful steps. Here's some steps to help you get started (the more development work we do the more that we will return to these steps, you might find that as time goes on what you thought you want changes...):

Envision Your Ideal Future

What kind of life do you want to build for yourself?

You could start by visualising where you might want to be in the next year, 5, 10, or 20 years! Have fun creating these visions. You could consider all aspects of your life, including career, relationships, health, and personal growth but don't worry about creating an area for every area of your life if it feels too much to think about now, this is something that we will build up over time. Write or draw down what comes up for you.

Create a Vision Board

Based on what came up for you have a go at creating a vision board. Visual aids can be powerful. Collect images, quotes, and other items that represent your vision. You could start off by creating a PowerPoint/Google slides to collect your pictures? You could then print them out and create something on a board that is in front of you to be the first thing you see when you wake up?

Reflect on Your Personal Values

To reflect on our values, we need to understand what a personal value is. Your values are like you heart's compass, guiding you to what life offers. Knowing your values allows you to make decisions in life. They represent your highest priorities and shape the choices you make each day. Discovering your core values helps provides purpose and direction. When you know what your values are you can set meaningful goals (something we will go into more depth with later), make better decisions and find the greatest fulfilment in your life.

Some questions which might help you identify what truly matters to you could be. For each answer, ask yourself "Why is this important to me?" to dig deeper into the underlying values. Taking the time to answer these questions can help you uncover your core values and guide you in making decisions to "**Design your life, Design your learning**" and align with them.

Reflect on Your Passions

- What activities or topics make you feel excited and energised?
- What hobbies or interests do you lose track of time doing?
- What moments do you feel most alive and engaged?

Consider Your Proud Moments

- What achievements are you most proud of?
- What actions or decisions have you made that you feel good about?

Think About Gratitude

- What are you most grateful for in your life?
- Who or what brings you the most joy and fulfilment?

Identify Your Strengths and Talents

- What are your natural strengths and talents?
- What do others often come to you for help with?

Evaluate Your Contributions

- What do you want to contribute to the world?
- How do you want to make a difference in the lives of others?

Reflect on Your Ideal Self

- What qualities do you admire in others and wish to embody?
- How do you want to be remembered by others?

Consider Your Daily Choices

- What do you spend most of your time and energy on?
- What do you prioritise in your daily life?

Explore Your Discomforts

- What situations or behaviours make you uncomfortable or upset?
- What values do you feel are being broken in those moments?

Return to your Vision Board

Has anything changed since reflecting on these questions to help discover your values? Is there anything that you would change/add to your vision board?

