**WELLNESS ASSIGNMENT: FIND YOUR VIVID VISION!**

To find out what we truly want in life, it may take dedicated self -discovery and having the courage to go deep into your imagination to create the life you have always dreamed of. This exercise will require you to get out of your comfort zone and think 3 years down the road.

The Wellness Assignment is to complete Cameron’s Herald’s “Vivid Vision”.

To begin, download and read Chapter 1 at <https://www.cameronherold.com/wp-content/uploads/2019/10/Chapter-1-Vivid-Visions-2.pdf>

In summary, a Vivid Vision is a written document roughly three pages in length that describes in vivid detail what you envision your career or company to look and feel like three years out, without detailing how each part of the vision itself will get built or put in place. It describes what the future looks like, not how you’ll get there.

***(IMPORTANT:*** *Please note the Vivid Vision is written and focused toward your business. We want you to approach this in the way that applies to your life. If you do not want to think about doubling your business, it can be completed from a career, life goals, personal achievement perspective etc. This is an awesome exercise for really getting deep into what YOU want to achieve with your life – in all areas.)*

**The Vivid Vision Checklist**

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To help you develop your Vivid Vision, let’s start by filling out the below check list. Pretend you traveled in a time machine into the future. The date is December 31, 2023. Three years from now. You are walking around your office or your home with a clipboard in hand or coffee mug in your hand.

• What do you see?

• What do you hear?

• What are clients saying?

• What does the media write about you?

• What kind of comments are your employees making at the water cooler?

• What is the buzz about you in your community?

• What is your marketing like? Are you marketing your goods/ services globally now? Are you launching new online and TV ads?

• How is the company running day to day? Is it organized and running like a clock?

• What kind of stuff do you do every day? Are you focused on strategy, team building, customer relationships, etc.?

• What do the company’s financials reveal?

• How are you funded now?

• How are your core values being realized among your employees (if applicable)?

Cover every area of your business: culture, staff, marketing, public relations, sales, IT, operations, finance, production, communication, customer service, engineering, values, employee engagement, work-life balance, etc. Cover interactions you’ll be having with all stakeholders, too. Remember that you are envisioning all these aspects of your company after it has doubled in size

**YOUR VIVID VISION**

Now it’s your turn! Write out your Vivid Vision for what your life will look like on Dec 31, 2018. Remember to write in the present tense. Please keep it to 2 – 3 pages long.

For layout and example, please use page 12 – 17 of Vivid Vision Chapter 1 as your reference point.

Read a copy of Cameron’s Vivid Vision on his website (<https://cameronherold.com/vivid-vision/>)

My Vivid Vision 2020: