



Module #1 of 10—*Short Version*

UK Extension's
Universe of
Possibilities™

SKILLS FOR CREATING HAPPINESS AND BLESSING OTHERS

Your Vision Map

You are a one-of-a-kind person with extraordinary potential! Within you resides amazing energy, an intuitive ability to make the wisest decisions, and the creative power to accomplish the deepest desires of your heart.

As more of us bring our noble dreams to life, we naturally bless those around us and help to create a more promise-filled and loving world—a world in which we can be healthy and live in peace, a world in which kindness and sharing triumph over fear and war, a world of unimagined possibilities.

Each of us has a small role to play in creating a more ideal society. Your part may seem tiny, yet it makes a vital contribution to the big picture. We all are connected, and when one person decides to give life his or her best, that choice enriches the quality of life for us all.

Giving life your best does not mean driving yourself in a fear-based way toward self-defeating standards of perfection; rather, it means staying well-balanced while striving for a high but reasonable degree of excellence in keeping with your inner guidance.

Deep within, we all have noble urges and dreams. Your Vision Map is a way of tapping into those urges and dreams and creating a picture of what you want to accomplish, with key steps for getting there.

Target of Life. Look at the Target of Life symbol that appears at the upper left side of this page. Put yourself on the Target in the center of the heart. Notice that the heart of the Target is clear, unobstructed, full of light. From there, you see clearly and make choices that are good for you and those around you. You feel peaceful, energetic, creative. Your reflexes are sharp, your immune system strong. You stumble and fall less often, and you handle life's inevitable challenges with more confidence and skill. You are naturally more sensitive to others—more patient, generous, and understanding. The more deeply centered you are in the heart of the Target of Life, the more love you feel and share. You are at your best—physically, mentally, and spiritually.

However, when difficulties arise and things don't go your way, you're likely to be pulled off center into the darker areas of the Target. You say and do things you regret. Your immune system weakens and your productivity declines. You lose touch with what's really important to you. Unhealthy stress increases and your sensitivity toward others decreases. And the further away from the center you move, the worse it gets! You experience more heaviness and darkness, more fear and negativity. That's why it's so important to catch early signs of stress and to use all of your creativity to stay as centered as possible.



7 Core Principles



- 1 Dare to explore courageously the dreams dancing in your heart and soul and make a commitment to the one that calls to you most clearly at this point in your life.
- 2 Craft and keep in front of you a clear picture of your vision so that you are inspired by it and stay on course without being sidetracked needlessly.
- 3 Be prepared for both obstacles and opportunities by remaining imaginatively flexible and optimistically open to fresh and unexpected ways of achieving the essence of your vision.
- 4 Enthusiastically share your dream with those who are receptive, and seek support from the sources that feel most right to you—special friends, sympathetic organizations, or, perhaps, your relationship with God or a higher power.
- 5 Using all your senses, make a habit of creating full-color mental movies in which you see your emerging vision in its full glory and can observe its many benefits.
- 6 In bringing your dream to life, be sure to enjoy each step along the way so that you find abundant satisfaction and pleasure through the entire journey as well as in the final unfolding of your vision.
- 7 Remember, the more centered you are on the Target of Life, the greater your well-being, the wiser your choices, and the more effective you are in everything you do.

What would you love to do? What brings you joy? In your heart of hearts, what do you long for? At this time in your life, is there a special gift that you would like to give to your loved ones or to the world? These are the kinds of questions to ask yourself as you launch into creating a Vision Map.

You are unique, and your Vision Map will reflect your individuality. *There is no magic formula or one right way to identify a vision and bring it to life.* While guidelines are offered in this publication, the creative adventure of focusing on a current dream and moving toward its fulfillment will be the product of your own ingenuity.

ALLOW YOUR VISION TO HAVE A LIFE OF ITS OWN

Creating your Vision Map is like giving birth. You play a critical role in identifying and launching your vision, but your dream has a life of its own. When it's first born, you need to protect your vision; but, as it develops, give your dream the freedom to grow in ways that you may never have expected.

Cherish your visions and your dreams, as they are the children of your soul, the blueprints of your ultimate achievements.

Napoleon Hill

Commit to your dream, stay focused, and work diligently to attain your objectives, but relinquish the tendency to control all the details. Expect the universe to support you while staying completely open about how this might happen. ***Make friends with uncertainty and the array of possibilities it brings.*** Then the journey toward achieving your dream becomes an adventure filled with learning, opportunities, and delightful surprises.

DRAWING YOUR VISION MAP

If you have brought a potential achievement to mind but are not inspired by it, if there is not an element of fun in it, or if it only feels like a lot of hard work, then you're probably not following a truly inspired longing.

When you have a deep desire to accomplish something positive and you can say, "I would LOVE to do that," you probably are tapping into a true vision. Doing what you love is energizing! It stimulates creativity and feelings of satisfaction. It's good for your health, and it's one of the best motivators available.

Take a few slow, deep breaths. Recall the Target of Life, and let yourself move toward the heart in the center of the Target so that you are alert, calm, and open to new possibilities. Then consider these questions: ***What particular dream or vision pulls you most right now? What is it that you would love to do?***

Without censoring yourself, jot down individual words or phrases (and perhaps simple pictures or symbols) that pop into your mind. Allow yourself to dream and be adventuresome. When you're finished, look over what you've written and pick out a ***focus***—a word, phrase, picture, or symbol that summarizes your answer and pinpoints the vision you want to bring to life.

Next, using a full-size, blank piece of paper, draw a circle about two inches in diameter in the center of the page. Place your ***focus***—be it a word, phrase, or symbol—inside the circle.

Around this central ***focus***, write down words for and images of things that can help you achieve your vision. Do this spontaneously, without censoring yourself. As appropriate, draw lines and arrows connecting the various items. Feel free to use colored

pens or other creative touches. Do you want to create a logo for your vision? Be sure to name your vision and place the title prominently on the page.

When you're finished, you will have the first draft of your Vision Map—an integrated one-page picture of your core vision and what is likely to help you bring it to life. At some point, you probably will want to create a more polished and refined version of your Vision Map, and you will most likely benefit by creating updated versions as your vision matures.

SHARE YOUR VISION WITH OTHERS

We may be hesitant to talk about our visions, but sharing our dreams usually is vital to our success. Explaining your Vision Map to a few open-minded loved ones is a good way to start. Ask for their support and feedback. When you share your vision with clarity and enthusiasm, people and events often will begin to organize around it.

And the day came when the risk to remain tight in a bud was more painful than the risk it took to bloom.

Anais Nin

Based upon the feedback that you receive, fine-tune your Vision Map. Then post it in a place where you will see it frequently. Each time you look at your map, update it, think about it, or share it, the imprint of your vision goes deeper into your being, and your probability of success increases.

What will be the benefits of achieving your vision? Write them down and frequently remind yourself of these rewards. This will help to keep you motivated.

Don't immediately talk yourself out of something you really want to do simply because it might not seem practical, or you're worried about what others might think, or because you feel it's too late. Guard against letting another person or your inner critic shoot down your dream before it has a chance to take an initial form and be tested.

Proceed intelligently step-by-step, knowing you can always modify your course or change directions altogether. Nothing ventured, nothing gained. So trust in your heart of hearts, believe in your vision, and go for it!

MORE TIPS FOR SUCCESS

- ◆ **Break your vision down into small, manageable steps.** Begin making modest progress toward your goal right away.
- ◆ **Creatively use reminders—little prompts to help you stay focused on achieving your vision,** be it notes on the bathroom mirror or a symbol of your goal on the refrigerator door.

You are never given a dream without also being given the power to make it true.

Richard Bach

- ◆ **Don't dwell on problems, but do prepare for potential obstacles.** Identify obstacles that you are likely to meet in reaching your target goal. Be prepared with a plan to deal with these barriers.
- ◆ **Being stressed out is one of the biggest obstacles preventing us from achieving our dreams, so keep the Target of Life in mind and stay as close to its heart as you can.**

With practice, your skills of staying centered will continually grow in strength and creativity.

- ◆ **Affirm to yourself a thought such as "Within me is the wisdom and strength to succeed. Whatever I set my mind to, I can accomplish."** Be sure to find or create a positive thought that feels right for you.
- ◆ **Regularly visualize yourself achieving your goal.** Let your imagination see these pictures of success in three-dimensional, living color. *Use all your senses.* Picture yourself in motion, as if on a videotape rather than in a still snapshot.
- ◆ **If you are spiritually inclined, do your best to create your dream but also surrender in faith to the mystery of life.** Allow God or the power of the universe to work through you and your circumstances. Your dream may unfold in ways that you had never imagined. Remember that science has validated the effectiveness and multiple benefits of both prayer and meditation.
- ◆ **Enlist the help of a special friend or counselor who believes in your vision and will support you.** Perhaps he or she might check in with you once a week or so to encourage you.



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10 Educational Modules

UK Extension's Universe of Possibilities™: Skills for Creating Happiness and Blessing Others is an educational series containing 10 modules. Each module is accompanied by a Macromedia Flash® movie, a PowerPoint® presentation, and other teaching tools. All these resources, along with a Facilitator's Guide, are available free-of-charge in camera-ready format at the following website: www.ca.uky.edu/fcs/possibilities.

1. **Your Vision Map**
2. **Making the Growth Choice**
3. **The Way of Peace**
4. **Heart Intelligence**
5. **The Freedom of Self-Discipline**



6. **Embracing This Present Moment**
7. **Accepting and Loving Your Body**
8. **Healthy Relationships**
9. **Unleashing Your Creativity**
10. **Gifts of Gratitude and Blessing**