

---

# MASTER YOUR MINDSET

---

Introductory Program

## YOUR IDEAL VISION

### Includes

---

- Imagining who you are today
  - Creating your ideal vision
  - Tackling limiting beliefs
  - Reflecting on your ideal vision and things learned
- 

Brought to you by:



All rights reserved. No part of this training may be copied, reproduced or reprinted without the author's prior written consent. Medical Disclaimer: This book is not intended to provide medical advice. The author of this training is not responsible for any adverse effects that may occur from the application of the information. You are encouraged to make your own healthcare decisions based on your research and in partnership with a qualified healthcare professional.

© 2019 Mindset

Christina Heilman, PhD, ATC, CSCS  
chris@mindset-coach.com ■ www.mindset-coach.com ■ @mindsetdr

## IDEAL VISION

It's time to create your optimal personal vision. First, I want to congratulate you! When you begin to take an active role in your health and well-being you feel better, look better, and do better.

The first step in achieving anything in life begins with knowing what you want. Then, set a clear path and make choices to create and live a healthy, joyful and fulfilling life. You can start this process by creating an ideal vision for yourself.

An ideal vision is a process of developing a detailed picture in your mind of what you want out of ALL aspects of your life. You can do this by tapping into your imagination and building a future vision of what you want out of your life. Creating visions help to uncover your strengths, talents, and untapped potentials. Taking the time now to craft a clear vision will not only be a great friend in your progress but it will impact the trajectory of your growth. After using the power of your imagination, put your vision in writing. Gather some pens and paper (any color you choose) and let's get started!

### **WHO YOU ARE TODAY**

First, let us start with a quick daydream or visualization. Close your eyes, take a few deep breaths, and image yourself today. How do you feel right now? How do you feel physically, mentally, emotionally, spiritually, etc.? Write 3-5 sentences that describe the way you feel right now in each aspect of your life. Write your responses in past tense.

### **YOUR OVERALL IDEAL VISION**

Close your eyes again and begin to imagine your ideal life. How do you feel in this ideal life: physically, mentally, emotionally, spiritually, etc.? Write 3-5 sentences to describe the way you feel about each of these aspects.

*\*Note: Answer this question and the rest of the questions below using positive language and present tense (e.g., I have, I love/ I am). Also, you don't have to answer all the questions. Answer the questions that most ring true for you.*

### **YOUR IDEAL PHYSICAL BODY**

Describe a *healthy* vision of your physical body. How does it look? What does it feel like to be inside it? How does your body move? How does it feel to be vibrant all of the time? What do you feel when you see this body in the mirror? How much rest and sleep do you get? Describe your energy level. What do you love about this new version of yourself? What physical aspects do you already possess today that align with your ideal vision?

### **YOUR IDEAL RELATIONSHIP WITH EXERCISE**

In your ideal vision of yourself, how do you keep your body active and healthy? What amount of exercise is most appropriate and beneficial for you? Which sports or activities energize you? How does it feel to be in a healthy, vibrant body? What do you love about this new version of yourself? What aspects of your current exercise routine are already apart of your ideal self?

### **YOUR IDEAL RELATIONSHIP WITH FOOD AND NUTRITION**

What kind of foods and beverages are a part of your ideal vision of yourself? How much water do you drink? What kind of flavors, recipes, and foods feel fantastic? How do you feel when you eat? Ideally, when do you start and stop eating? What kind of blessings are given to your food? What do love about this new version of yourself? What aspects or habits with of your present relationship with food and nutrition nourish you today and align with your ideal vision?

### **YOUR IDEAL MINDSET**

Reflect on your ideal mindset. How do you view the world? What do you ideally think about most of the time? What activities do you love doing? How often do you laugh and smile? What social events do you attend? What kind of relationships do you have with others and how do they make you feel? What brings you joy when you see this new version of yourself? What mental strengths do you already possess that align with your ideal vision?

## YOUR IDEAL SPIRITUAL LIFE

Describe your ideal vision to your spiritual connection. What is your relationship to a greater power/spirit? How do you practice forgiveness, compassion and gratitude? How are you a service to others? How does abundance flow into your life? What do you love about this new version of yourself? What spiritual aspects do you already possess today that align with your ideal vision?

## YOUR IDEAL HOME LIFE

What is your ideal home life? What kind of social connections, support, and community surround you? What are gatherings like in your home? What kind of furnishing, art, or music fill your home with comfort and joy? What do you love about your ideal home life? What characteristics of your present home life are included in your ideal vision?

## YOUR IDEAL WORKING LIFE

What kind of work or career brings you the greatest joy? Ideally, when do you start and finish work? What hidden talents are you developing? How are you allowing for abundance to flow into your life? What is an ideal amount of money you are making? What is your ideal financial situation? What do you love about your ideal work life? What characteristics of your present work life are included in your ideal vision?

## CELEBRATE

Congratulations! Creating an overall Ideal Vision is a *wonderful* accomplishment. Let that soak in for a moment.

Writing down this vision arouses a sensation of excitement. When you feel emotions related to pleasure, it leaves you feeling good and having the ability to accomplish the things you want. Visualizing your ideal self is one way to empower pleasure and inner satisfaction, thus, inspiring the mindset and motivation to make positive, healthy changes in your life.

## NEXT STEPS

*Step One:* Once you have your Ideal Vision in place, take a few minutes to think about what characteristics you presently have in each of the above categories (physical, mental, etc). Make note of these resources that you already possess! And take a minute to write down how you will continually implement your strong points.

*Step Two:* Put this vision somewhere you can see it every day (bathroom wall/mirror, favorite notebook, refrigerator). It'll be a positive daily reminder for the life you want to live –especially during a dip, which inevitably will happen.

*Step Three:* Think about what might be holding you back from already living this life. Do you truly believe that you can do, be or have anything you want? What would happen if you were super vibrant and healthy?! What if you had no more financial issues, sleep troubles, aches and pains, or addictions? What then...? Sometimes we have limiting beliefs and fears that we either don't want to face or that we don't even know we have. When we hide our fears in the closet or under the bed (that's my favorite spot), they can easily haunt us. Let us overcome these ideas by becoming *aware* of them and, then, facing them head on! Rather than be afraid of them, embrace them – they are a part of you! Write down your thoughts to these questions.

1. Write down all your limiting beliefs, fears, doubts, and patterns currently keep you from living your Ideal Vision?
2. From question 1, choose 3 limiting beliefs/patterns and describe the simplest, easiest and most concrete step you want to take TODAY to overcome these obstacles. Imagine what would happen if you took 1 easy step/day!

Also remember that setbacks are normal. *Approach setbacks as opportunities to grow and remind yourself that you are stretching your outer edges of your abilities to create positive behaviors for a vibrant, healthy and joyful life.*

## REFLECTION SECTION

Our belief systems can negatively or positively impact the outcomes in our life. If these beliefs are not aligned with the life we'd love to live, then we are unlikely to get the results we want. Bring your beliefs into alignment with your intentions by recognizing that your future is built in your mind first. Then, it starts to materialize in your physical world by creating a plan and action steps. This Ideal Vision is one step that guides you to intentionally move in a direction that is meaningful and joyful for you. To keep yourself on track, refer back regularly to your notes from the exercise above and take 1-minute to imagine and experience the joy of your Ideal Vision.

Christina Heilman, PhD, ATC, CSCS

chris@mindset-coach.com ■ www.mindset-coach.com ■ @mindsetdr

## RESOURCES

Ferris, T. (2017). *Tools for titans: The tactics, routines, and habits of billionaires, icons, and world-class performers*. New York: Houghton Mifflin Harcourt.

Hardy, J., & Oliver E. J. (2014). *Self-talk, positive thinking, and thought stopping*. Thousands Oaks, CA: Sage.

Heilman, C. (2017). *Elevate your excellence: The mindset and methods that make champions*. New York: Momentum Press.

Stokes, A. (2009). *Raw Emotions*. [www.rawreform.com](http://www.rawreform.com)



*Until next time...Be Brilliant!*



© 2019 Mindset

Christina Heilman, PhD, ATC, CSCS  
[chris@mindset-coach.com](mailto:chris@mindset-coach.com) ■ [www.mindset-coach.com](http://www.mindset-coach.com) ■ [@mindsetdr](https://www.instagram.com/mindsetdr)