

# Envision Your Goals

So within the S-Seek step of the RISE Higher Method you are asked to envision yourself reaching your goal. This technique is popular amongst professional athletes and top, highest earners in the world for a reason...IT WORKS!



While on my journey, I read many success stories of people who used envisioning goal techniques and went from having nothing to being the most well known motivational speakers in the world, to athletes winning gold in the Olympics. So I thought what the heck, if it works for them and all I want to do is discover "what's next, I would give it a try!

Here I am 4 years later and I'm now living my "what's next"! I've created a life I love and it's because I wanted so desperately to have a life full of love, adventure, health and well being, financial security, purpose and meaning that I could envision what it looked like when I got there, I knew what it would feel like and who would be with me.

The technique of envisioning your goal works wonders with every one of the Love What's Next Six Pursuits in this Project!

There are 2 ways of envisioning your goals. The first one is where you envision each step it will take to reach your goal and the second is when you envision what it looks like when you get there.

Take some time after you have decided on your goal (I-Identify) and how you will achieve it (S-SEEK) to write in your journal what it's going to look and feel like like each day working towards your goal?

Can you see yourself setting out your workout clothes the night before, not hitting the snooze button, and jumping out of bed ready to go to the gym or walking your neighborhood before work?

Can you see yourself talking to the person next to you in your class you're taking on interior design because your goal was to meet new people while learning about design?

Can you see yourself making your lunch and snacks for work the night before so you don't buy lunch out at a less healthy place.

Then can you envision what it will look like when you reach your goal?

Will you have more energy?

Will you be empowered and believe you can do anything?

Will you look sexier?

Will you have more confidence?

Will you make a new friend?

Will you learn something that makes you feel smarter?

Only YOU know how you will feel and what that looks like so YOU have to be sure you can see yourself reaching this goal!

I promise if you do everything within this Project that is given to you, you will find joy in your every day life no matter what your transitional stage is!

Happy envisioning!!

