



DR. RITAMARIE'S INSPIRED HEALTH VISION SYSTEM

M.S., D.C., C.C.N., D.A.C.B.N.

PART 2 OF 3: CONNECTING WITH YOUR VISION



Connecting With Your Vision Process

Step 1: Your Five Year Vision

"If you limit your choices only to what seems possible or reasonable, you disconnect yourself from what you truly want, and all that is left is a compromise."— Robert Fritz

"Where there is no vision the people perish."— Proverbs 29:18

"Vision without execution is hallucination." — Thomas Edison

Using the space on the next page, describe in words what you'd like to be like 5 years in the future. Envision the ideal you: physically, mentally, spiritually and emotionally, and write down what you desire most.

For instance, for your physical description, write about your weight, your health, physique, shape, energy, the clothes you wear, the way your body moves, physical confidence, etc. What do you look like? How does your body image impact the way you relate with other people?

Write everything in the present tense, as if you are that person now and are describing yourself. Really get into this assignment, embellishing with as much detail as possible! Continue until you have fully captured every detail, and the person on the paper feels real to you, **as** you. You will find this becomes amazingly easy once you actually begin to write.

The more you let yourself go and really experience this vision of yourself, the more your present and possible future become one experience. Your subconscious mind can't tell the difference between reality and your vision. Envision it and you WILL become it.

"If you want to be happy, set a goal that commands your thoughts, liberates your energy, and inspires your hopes." — Andrew Carnegie



My Vision: The Ideal Me 5 Years From Now

Step 2: Embracing Your Vision, Piece by Piece

We're going to focus on eight different areas of your life:

1. Body Image and Appearance
2. Diet
3. Fitness/Exercise
4. Mindset and Attitude
5. Home Life
6. Work Life
7. Social Life
8. Self-Esteem and Personal Growth.

On the next series of pages, you'll see charts titled "Connecting With Your Vision." Taking your time, lay out the *goals* you wish to accomplish in these areas. Take one category at a time and consider the positive aspects of each area and what you are grateful for now. Write your responses in the "POSITIVE ASPECTS" column. Realistic goal-setting starts with a clear appreciation of assets already on hand!

In the "VISION" column, write out your future mental picture for each life aspect. Here's where you let your imagination meet with your deepest values to propel your re-creation, so let yourself go. Describe your ideal body, career, relationships, attitude, etc. Repeat for each of the aspects of your life. Even though these are future desires, remember to write in the present tense and to be as specific as possible.



In the next column, "TOOLS", you will detail all the tangible and intangible factors that will help you achieve your goals. You can hardly expect to get a job done if you don't have the tools on hand to do it. Some of your ideas may not be tools you have access to just yet, but you can start by identifying how they would help.

The last column, "POSITIVE IMPACT", allows you to imagine the future impact of your met goal. Will you have more joy or energy you can share with family members or your community at large? Are there ways you can then better serve others as a result of being healthier, yourself? When you take care of yourself, in what ways are you then able to have a positive impact on others? This is an important consideration – each life influences so many.

"The greatest danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it." — Michelangelo

Connecting with Your Vision

Using the chart below, write your vision for each of the areas of your life.

	POSITIVE ASPECTS: What I am already grateful for	VISION: What I am moving towards	TOOLS: What do I need to achieve these goals?	POSITIVE IMPACT: Benefits to self and others from realized vision
Body Image and Appearance				

	POSITIVE ASPECTS: What I am already grateful for	VISION: What I am moving towards	TOOLS: What do I need to achieve these goals?	POSITIVE IMPACT: Benefits to self and others from realized vision
Diet				

	POSITIVE ASPECTS: What I am already grateful for	VISION: What I am moving towards	TOOLS: What do I need to achieve these goals?	POSITIVE IMPACT: Benefits to self and others from realized vision
Fitness/ Exercise				

	POSITIVE ASPECTS: What I am already grateful for	VISION: What I am moving towards	TOOLS: What do I need to achieve these goals?	POSITIVE IMPACT: Benefits to self and others from realized vision
Mindset and Attitude				

	POSITIVE ASPECTS: What I am already grateful for	VISION: What I am moving towards	TOOLS: What do I need to achieve these goals?	POSITIVE IMPACT: Benefits to self and others from realized vision
Home Life				

	POSITIVE ASPECTS: What I am already grateful for	VISION: What I am moving towards	TOOLS: What do I need to achieve these goals?	POSITIVE IMPACT: Benefits to self and others from realized vision
Work Life				

	POSITIVE ASPECTS: What I am already grateful for	VISION: What I am moving towards	TOOLS: What do I need to achieve these goals?	POSITIVE IMPACT: Benefits to self and others from realized vision
Social Life				

	POSITIVE ASPECTS: What I am already grateful for	VISION: What I am moving towards	TOOLS: What do I need to achieve these goals?	POSITIVE IMPACT: Benefits to self and others from realized vision
Self Esteem & Personal Growth				