

Visioning

This week, revisit your vision from your Process week in your workbook with these three inquiries:

1. **Notice if there have been any shifts, small or large, towards the realization of your vision.** It is very powerful to acknowledge even our smallest successes. Remember our brain's natural negative bias? We are experts at noticing what isn't working, what hasn't changed, how we have fallen short. Notice what *is* working, what *has* changed, where you *have* taken a step forward! Even small changes can radically change our course out over time. "Taking in the good," as Rick Hanson calls it, is a powerful practice in rewiring our brain for peace, resilience, and happiness.
2. **Notice what, if any, changes you would like to make to refine and update your vision.** Visioning is a living dynamic process, and your vision evolves right along with you. Continue to be in creative dialogue with yourself about your life.
3. **Do a self-inventory around how you have been working towards the realization of your vision.** Where are you in action? Where are you resistant? Where are you committed? Where are you resigned?

Be sure to listen to the Visioning recording when you are ready to expand your vision. It only takes a few minutes. You can access the short visualization two ways:

- On the Hoffman App (Multimedia > Meditations)
- Or, download the audio file from our website
(<https://www.hoffmaninstitute.org/audio-tools/>)

"Vision without action is a dream.

Action without a vision is simply passing time.

Action with vision can change the world."

~Joel Barker

*"Visioning is a process for creating the life you want.
It is a method for finding the dream that lives in your heart
and translating it into the world of three dimensions."*

~Lucia Capaccione, Ph.D.