

voice to the voiceless

NEXTGENERATION

JANNAT ALI
The Pakistani 'Artist'

Exclusive



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"I like the dreams of the future better than the history of the past."
- Thomas Jefferson

Visions. We all talk about it, we all say we want it, but what is it, really? And when it comes to our lives, why is it so important? I'd admit, it took me many years and a life-altering accident to really figure it out. But now that I have, I've dedicated my career to helping others find theirs.

In my experience, the word "vision" describes our ability to dream into the world something that's not yet real. I don't mean "real" in the sense of our physical world, but very real in our minds—in our imaginations. Vision is real in a profound way, and I can connect with Thomas Jefferson's quote above more now than I understand the role of dreams in helping us to develop visions for our futures. The ability to use my dreams to create a vision is actually what got me out of the crappy place I was stuck in back in 1999 after an accident took the life of a friend of mine and caused me to die for a few worldly minutes. I was depressed and stuck for one simple reason—I had no vision of what it would be like, look like, feel like when I got better. Visions provide us with goals—targets to shoot for, and without them, we are aimless. Once I created for myself a vision of the person that I would become after all of the spiritual and physical healing I needed to do to get better, I began to take the action necessary to turn that vision of "better" into a reality. It did not happen quickly, but generating momentum in the right direction is vital.

I see it like this: why do we feel great when we imagine ourselves on a vacation that is still three months away? Why does our gymnast daughter play her whole beam routine in her mind's eye before even touching the beam? Because there is power in our ability to have a vision for ourselves and our futures. It provides focus, inspiration, perseverance, resiliency, and happiness.

When I think of people who were great at developing vision I see Steve Jobs, Walt Disney, Ben Franklin, Abraham Lincoln, my best friend Joe, and my wonderful colleagues Joey and Peter. Who comes to mind for you? If you've ever seen the movie *Soul Surfer*, you know that Bethany Hamilton developed a very clear and strong vision to get back to professional surfing after a 2003 shark attack left her with just one arm. It was not easy, but today she is one of the top surfers in the world, and an inspiring figure for thousands.

So, perhaps you can identify two or three areas of your life that you want to change in six months or a year. Maybe it's the quality of a key relationship, or perhaps your health, or your spiritual connection. It might even be your career or your financial situation. Whatever the area is, think about the last six months and then go six months into the future and imagine it different, imagine it really, really good. Now, you'll want to write the particulars of that vision down somewhere,

and make sure your description has a lot of detail in it. It's got to be believable. Be bold, but be believable. It's best to put your vision somewhere you will see it on a regular basis. I put mine as an all-day event in my Outlook calendar and set it to recur every four days. This way, I see it often enough that my vision begins to take root in my unconscious mind.

When this happens, I believe it is then that our unconscious minds kick in and begin to drive us to accomplish the actions necessary to make our visions real. We begin to notice people and other information in the world that may support and enable us. You see, I believe the brain likes completion. We all love marking something off our list, or cleaning up after a job done around the house. The greatest completion the brain can receive is that of transforming a vision, an image existing only in your mind, into reality. This, for me, is where real fulfillment comes from.

Countless visions fail to become reality because we do not take or complete the actions needed to make them so. Once you get clear on your vision, you have to be relentless in asking yourself a very powerful question: "are the actions I'm taking today moving me closer to my vision?" If the answer is "yes", then well done. If the answer is "no", then you need to stop and course-correct. Life is too short to focus and exert energy on actions that do not serve your vision.

Remember, you are the only one responsible for your life, and mapping out a path to success and happiness begins with a clear vision.

About the Author

Davey Butler is a best-selling author and inspirational coach whose life was transformed by a near-death experience more than 30 years ago. He started his own corporate coaching company called *Jakobite* (pronounced "jacobite") in 2007 that focuses on helping others truly understand themselves by creating a powerful vision for their futures. He is the writer of *Back from Heaven's Front Porch: Five Principles to Creating a Happy and Fulfilling Life*, which became a best-seller, receiving rave reviews from *Success Magazine*, ranking it as Amazon's book list. His second book is *Abraham's Divine Simple Wisdom for More Control, Focus, and Inspiration*. He is one of the world's most sought-after inspirational speakers, routinely giving workshops and seminars to the biggest organizations in the nation, including Marriott, Reebok, Menck and more. To date, he has spent more than 20,000 hours inspiring others to live their best lives. For more information, visit:



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