



Julie Jones Hamilton

BE EMPOWERED NOW

THE
VISION BLUEPRINT KIT



THE VISION BLUEPRINT KIT

Creating Freedom In the Life & Business You Love



To where you want to go you must first know where to begin. This kit is a great tool for accessing your starting point. I call this **Point A**.

Assess your current life as you view it today. Place a check mark on the line where you would rank your life on a scale of 1 to 10 in each of the our domains below. The score 1 means you are ineffective in that area of life, and a score of 10 means you are fully living your dreams in that particular area of life. Be honest and thorough with your own assessment, as no one will see this but you. The more energy you put in to this exercise, the more value you will gain.

Once you have assessed your **Point A**, proceed to the questions below.

HEALTH

1 2 3 4 5 6 7 8 9 10

WEALTH

1 2 3 4 5 6 7 8 9 10

RELATIONSHIPS

1 2 3 4 5 6 7 8 9 10

CAREER/PURPOSE

1 2 3 4 5 6 7 8 9 10

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STEP 1: Finding Point A



Consider these questions, and journal in the space below:

1. By what criteria in each domain did you use to score yourself?

2. How do you feel about your current state in each domain of your life?

List those feelings below. List at least one feeling for each domain:

3. Replace any negative emotions you wrote in question two with the emotions you would prefer to experience in each area of your life and list them below:

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*“Imagination is more important than knowledge.
For knowledge is limited to all we now know and
understand, while imagination embraces
the entire world, and all there ever will
be to know and understand.”*

— Albert Einstein



Writing clarifies thinking.

Thinking causes feeling.

Feelings express through actions.

Actions determine results.

Designing Your Vision

All great results are rooted in clear thinking and a deep understanding of what you truly desire. The challenge for most people is that they have limited their ability to imagine what they truly want. It's the analytic side of us that systematically measures the thing we want and immediately asks the question, "Is this possible?" This type of question is like poison that eats away at our confidence and possibilities.

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STEP 2: Designing Your Vision, Painting Point B



It's easy to get caught up in thinking whether or not what we desire is possible, reasonable, or attainable. Especially when our bank account screams that there is no way on earth that what we want is even possible. "Is our vision reasonable or achievable?" is a perfectly good question to consider. However, the question we are now asking ourselves is... *"What would I love? What would I love my business, my relationships and my health to be like?"* For now, give yourself permission to imagine and dream what it would feel like to achieve everything you'd love, all your goals and desires. We are dealing with energy vibrations and frequencies. Here, we come into alignment with the frequency of everything we'd love to see in our life and business.

"Life is suppose to feel good. We are meant to be happy and to satisfy our dreams!"

How to Unleash Your Imagination

There is a part of us, deep down, that knows that *all things are possible* and *loves to dream*. All things are possible to this part of us, and it is in this place that lives the *Power of Our Imagination*.

As we allow this part of ourselves to dream and become emotionally involved with the ideas that give us life, we enter into the land of possibilities. This new land comes with new and higher solutions that were previously unavailable to us before. Remember, we live in an abundant Universe, and by Law we cannot ask a question without receiving the answer. As Napoleon Hill once said, "What the mind can conceive, it can achieve."

So, as you begin designing your vision, make yourself a deal: *allow yourself to dream BIG!* Allow that part of you to *imagine*. — give yourself full reign in this next exercise!

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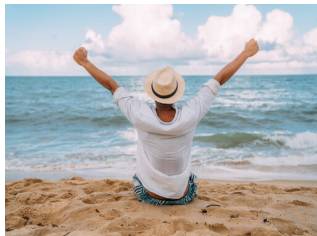
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Okay, Let's begin...

Imagine in your hand is a magic wand. This magic wand gives you the power to create anything you want simply by using your *imagination*, which, by the way, is one of your 6-mental faculties.

Now, think about the exercise in Step 1. Use the full power of your imagination and answer this question in each of the four areas... "What would my life be like as a perfect 10?"

Describe in the space below what your life would look like ranked as a *perfect 10*.



HEALTH

RELATIONSHIPS

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CAREER/PURPOSE

FINANCIAL FREEDOM

Key Exercise: *Visioneering*

1. Now, fill in the domains with short bullet points that describe your life imagined as a perfect 10.
2. Print out two copies of this vision and place one near your bed and tape the other copy on your bathroom mirror.
3. Read your vision board everyday and allow yourself to become emotionally involved with your *Perfect 10 Life*.

Bright Idea! Be keenly aware of opportunities and resources that begin to make themselves available to you. When these new opportunities cross your path, say, "Yes."

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I'm so happy and grateful now that...

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WEALTH

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CAREER/PURPOSE

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What is your WHY?

Too often, when people become intuitively aware of something they deeply want in their life, they quickly jump to the question . . . “How can I make this happen?” When you set out on building your vision-blueprint, the first question you should ask is not *How*, but rather, “*Why* do I want this?”



When you get in touch with your “Why”, which is your passion and your deep desire for what you truly want, something magical happens. Becoming clear of your *Why* puts you on the same feeling tone or vibration, as your vision. By connecting to the vibration of your dream, you begin to access what Thomas Edison called, “The Land of the Solution”.

As you become more emotionally involved with your “Why”, by Universal Law, you will begin to see the “Hows” show up in your life. You’ll receive ideas, resources, and connections that will transform your vision into your reality. No kidding! Remember, you cannot get to your vision; you must *come* from it.

So, how do you come from your vision? You become very clear on *WHY* you want your *vision & dreams* to be in your life and for the sake of what? As you ask yourself this question you’ll be surprised what shows up.

Now, your job is to know the *WHAT* and *WHY*, the Universe takes care of the *How*.

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Congratulations!

You have now designed a vision and a strong foundation for the manifestation of your dreams! From this point forward, read your vision and your *Why everyday*.

For 15 minutes in the morning, imagine your life as though your dream has already become your reality, you are now living your truth. Put yourself in the feeling tone of living your vision now, regardless of your conditions/situations and hold the image of your desires.

Be *aware* of noticing unusual coincidences beginning to happen. You will attract resources, opportunities, and people who will come into your life to support your vision in becoming a reality. Our job to allow our dreams to happen, and more importantly to make them welcome.

As you release your resistance to how your vision shows up you will attract all thing necessary that will prosper you and accelerate the speed in which your vision will take form and grow into the magnificent experience called — *Your Life!*

Cheers To Your Success!



For more information contact:

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