

Revealed: Three Tools to Activate Your Vision

- 1. Write It.** You **MUST** write it. There is a principle that states: write the goal/dream/ vision and make it plain. Write down what you want to accomplish for the next 30 days. People write their visions daily; It's called a to do list! Using planners and calendars triggers the vision principle.
- 2. Visualize it.** Visualizing assists in the motivation. Visualizing involves focus and internalizes the goal/dream/vision. This will align your thoughts and emotions in that direction which will cause your behaviors to conform to the actions that lead to that goal/dream/vision.
- 3. Speak it.** Your words have power. You can envision your goals/dreams/visions but if your words do not align with it the goal/dream/vision will not happen. How you speak to your goal/dream/ vision will determine the progression of your manifestation.

Learn more tools and tricks from Lydia , Visions Coach; Follow her @Heart2Hands vision on FB!