

MY VISION STATEMENT

It is important to write down your goal with absolute clarity. Write it in the present tense, like a movie script, as if it has already happened.

Start with the date, e.g., "It's my birthday 29th July"

Feel free to embellish with a special event, where you are, what you are doing, who you are with, what you are wearing, what others are saying about how you look, how you feel, and finally end with a resounding YES! Make it personal.

Read this twice a day - every morning and every night.

Read it out aloud, and with passion.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Signed: