

Life. Fun. Purpose.

With Purpose Coach Fawn Miller

Call #21 Workbook

Module 7.1

Vision
Visualization
and
The Power of the
Subconscious Mind

Part 1: Discontentments, Longings, Feelings, and Vision

“Often people attempt to live their lives backward: they try to have more things or more money, in order to do more of what they want, so that they will be happier. The way that it actually works is the reverse: You must first be who you really are, then do what you need to do, in order to have what you want.”

~ Margaret Young

The Recipe for Creating Your “Hell YES” Life

The “*order of operations*” or “*recipe*” for creating our “Hell YES!” life and becoming the badass versions of ourselves that we want to become, is this:

1. **“Being”** - Inner World: Self-Love, Self-Concept, emotion, visualizations, attitude, mindset, belief systems, choices.

Followed by...

2. **“Doing”** - Actions, behaviors, decisions, creations.

Resulting in...

3. **“Having”** - Manifesting, results, realizing, becoming.

Part 1: BEING

The first step in this process is **BEING**:

- *Choosing positivity and a high-vibrational/emotional state*
- *Developing constructive beliefs and thoughts*
- ***Visualizing what you DO want - everything in existence is created twice: once in thought, and then again in the physical realm***
- *Feeling the wonderful feelings of having what you desire*
- *Believing that it is possible for you.*

The Concepts:

1. In the last century, evidence / research (neuroscience, psychology) has confirmed what spiritual and philosophical masters have described for millennia: **our thoughts and feelings create our reality.** When we ***visualize*** and ***feel*** what we **DO** want it trains our subconscious (which is 94% of our mental activity and yet totally out of our conscious awareness - and is the part of our neurological system that makes things happen) to **literally align and bring our vision into reality by creating a Self Image/Identity that is congruent with that vision/version of ourselves.**
2. When we rehearse a specific, visceral vision of what we **DO want**, we begin to experience life in new ways: we become aware of opportunities, people, insights, information, and actions that directly create our vision. We literally **BEcome** the person **DOing** the actions that give rise to **HAVE-ing** the vision in reality!
3. When I first started questioning and researching how to *actually* create change in my life - how to change my thoughts, actions, habits, fears, and behaviors - I explored everything that I could get my hands on - books, workshops, coaching, therapy, hypnosis, NLP - which eventually *all* led to a common revelation: in order to "reprogram" ourselves, we need to understand and ***practice*** changing our **Self Image** through creating a new mental vision and version of how we *want* to be. A vision in our imagination of the "NOW" snapshot of the ideal version of ourselves, our "Hell YES!" life. This connects the subconscious with *that* Self Identity instead of the one we currently have.

Part 2:

Discontentments and Longings

First, you must become clear about what you *DON'T want*. By reflecting on the areas of your life in which you feel "Discontent" - that is, dissatisfied, wishing things were better/different, wanting to improve, grow, or bloom, - you increase your awareness of what you DO desire, want instead, or long for in your life, aka "Longings." Identifying your "discontentments" and "longings" is a direct path to realizing and becoming clearer about your "Hell YES!" life and how to create it. This workbook will walk you through the process!

Examples of "Discontentments" and "Longings"

Discontentments (Aka "Don't Wants"):

- *"My work is not challenging" / "I hate my job"*
- *"I don't make enough money" / "I'm tired of being broke"*
- *"I don't have an active, healthy social circle" / "I don't have friends"*
- *"I'm out of shape" / "I can't climb a flight of stairs without being out of breath"*
- *"I haven't been creative in months" / "I have so many songs inside of me!"*

Longings (aka Desires and "Do Wants"):

- *"I would love to feel excited, engaged, useful, and appreciated in my work, and use my strengths, skills, and passions."*
- *"I would love to make \$140k a year!"*
- *"I would love to have a strong group of friends who are authentic, vulnerable, and trusting of each other, with whom I can feel safe being myself."*
- *"I would love to be able to run a half marathon."*
- *"I would love to finish that painting I started months ago."*

Part 1 Instructions:

List 2 of your biggest “Discontentments” and what you would LOVE instead (“Longings”). Be very specific and elaborate.

Note: Refer to your [“Wheel of Life” Exercise from Module 1](#), as well as your [“Inventory” workbook](#) (update them if needed). What areas of your life were a 5 or below, or not positively impacting your life? Where do you feel the most frustrated, stuck, or unfulfilled? What would your “Hell YES!” be?

1. Discontentment:

Longing:

2. Discontentment:

Longing:

Part 3:

Develop a “Do-Want” / “Longings” - Based Vision

Instructions:

- 1. Find a quiet place where you can relax and tune into yourself for 15-30 minutes.** Take a few deep breaths and settle into a state of physical and emotional relaxedness.
- 2. Now, begin to tune into your “Longings” / DO wants / “Hell YES!” life!** **Viscerally imagine yourself being *in the present moment* of your ‘perfect day’** - a moment when you are SO happy, excited, fulfilled, delighted, and living the dream. Where are you? What are you wearing? What are the sounds around you? How are you feeling about yourself? Your life? How are you feeling physically? What kinds of thoughts are you having? What kinds of friends do you have? What kind of purpose-filled work are you doing? What is your abundant financial flow like?
 - a. Be sure to experience this in present tense...”I AM...”**
 - b. Write it as you visualize if that’s helpful**
- 3. Hold this vision, BE. IN. THE. MOMENT. Memorize the experience of it.**
- 4. While you are in your vision, FEEL into it. This is very important. What *feelings* are you having in this moment, this “Hell YES” snapshot?**
- 5. When you feel ready, begin to come back to the NOW, holding your vision in your consciousness like a place that you visit frequently**
- 6. Write out your visualization in detail, make it fun and juicy and exciting, and continue to develop it!**
- 7. Add to the end of your visualization:** *“This or something better now manifests for me in totally satisfying and harmonious ways, for the highest good of all concerned.”*
- 8. Rehearse your visualization as often as possible throughout the day, especially first thing in the morning and before you go to bed at night, for several weeks.**

9. **Suspend your disbelief** - The subconscious mind is taking care of the “How” (remember, it’s literally 94% of your mental activity!)
10. **Believe and expect that your visualization will become a reality!**
11. Take *inspired* (not forced) action - Pay attention to signs, opportunities, coincidences and opportunities! Say “Yes” to anything that is aligned with your Vision, be proactive, and make sure that the action that you take comes from a place of desire, not obligation.

Part 4: **My Vision**

Write out your 2 Visions (in your journal or in the ‘notes’ section of this workbook) based on your “Discontentments” and “Longings” from above.

Example:

“It is January 10th, 2019, and I am feeling so euphoric, grateful, and excited! I’m laying on the beach in Yelapa, Mexico, it’s a perfectly warm and breezy day, and I’m about to jump in the aquamarine ocean for the 3rd time this afternoon. I’m buzzing from the inside out because just got off the phone with the owner of a retreat center in the area who would like me to co-facilitate 2 upcoming workshops! We worked out the details, and I’ll be doing 2, 3-hour deep-dives with a group of 12 women, facilitating and teaching about Values-based living and overcoming limiting beliefs! I’m so pumped! I’ll have my own ocean-side suite, all-inclusive organic meals, and they are paying me \$X,000 for my valuable time and expertise. I am absolutely thrilled about this opportunity, I am so grateful, I love my life SO much and feel so aligned with my purpose!

This or something better now manifests for me in totally satisfying and harmonious ways, for the highest good of all concerned.”

Resources:

Books:

- **"Psycho-Cybernetics" by Maxwell Maltz**, although written over half a century ago, is a time-tested, universally lauded, and now-proven expose of how this all works, and step-by-step *how to implement it*. Most self-development/empowerment leaders who teach how to "become the best you can be and create the life of your dreams" base their methodology in this science to some degree. I read this book (among dozens of others) around 8 years ago when I was *serious* about figuring out how, who, and what I wanted to Be. It changed my life. I invite you to give it a read and - suspending disbelief for 21 days - implement the guidance that the book provides. Consider it a test if nothing else:)
 - Here is a **folder** with the free download of the .pdf book and audiobook with chapter markers.
- **"Creative Visualization: Use the Power of your Imagination to Create What You Want in Your Life"** by Shakti Gawain
- **"Excuse Me, Your Life is Waiting"** by Lynn Grabhorn
- **"You Are a Badass: How to Stop Doubting Your Greatness and Live an Awesome Life"** by Jen Sincero
- **"The Power of Intention: Learning to Co-Create Your World Your Way"** by Dr. Wayne Dyer
- **"The Biology of Belief - Unleashing the Power of Consciousness, Matter, and Miracles"** by Bruce Lipton
- **"The Brain that Changes Itself: Stories of Personal Triumph From the Frontiers of Brain Science"** - by Norman Doige

Videos:

- [“Your Thoughts are Creating Your Reality”](#) Dr. Wayne Dyer
- [“7 Ways to Reprogram Your Subconscious Mind”](#) by Bruce Lipton
- [“Change Your Brain, Change Your Life”](#) Daniel Ame

“We always attract into our lives whatever we think about most, believe most strongly, expect on the deepest level, and imagine most vividly.”

~ Shakti Gawain, *“Creative Visualization:
Use the Power of Your Imagination to Create What You Want in Your Life”*

