

Handout 5.1

FUTURE PERFECT NOTES

ROUND 1 It is (*one year from today's date*). Your life is perfect in every way. Describe it in present tense language.

ROUND 2 Share the same perfect life. And add: What were the major obstacles or fears that you overcame during the past year? Remember, they have already been overcome!

ROUND 3 Share the same perfect life. And add: Who were the key people and resources that were involved in making your dreams come true?



ROUND 4 Share the same perfect life.

What are you personally most proud of having created?

Handout 5.2

CAPTURING WHAT MATTERS MOST TO ME

What was most valuable to you in this session?



What is it like to imagine a life that is perfect in every way?
Were you able to act as if it was possible?



How are you feeling in this moment?



Handout 5.3

MY COMMITMENTS

I think the key is for women not to set
any limits.



MARTINA NAVRATILOVA

Today's Date _____

Commitment _____

Date completed _____

Commitment _____

Date completed _____

Commitment _____

Date completed _____

Handout 5.4

SAMPLE VISION STATEMENTS



Selections from Vision Statements created in Women Connected groups

VISION SAMPLE 1

My office is an inviting and motivating space that has helped me become a successful salesperson. It is filled with inspiration that keeps me focused, involved, and balanced. My shelves are full of books, photos, organic materials, and art that reminds me of passions and endeavors beyond my desk. I am successful in my career. I have made many friends and business colleagues through networking events, and by being open to meeting and getting to know new people. I have established new, prosperous accounts through my knowledge of my marketplace and by being personable with my customers. I go the extra mile to make my business succeed—attention to detail is my calling card. My success in sales is affording me the financial means to explore and create other passions in my life.

VISION SAMPLE 2

Socially I have put myself out there and taken risks, and have let go of what the outcome might be. I have met a loving, caring man who loves to be with me. I feel comfortable and confident that I have met my life partner. I look forward to building a family. I am proud of the work I have done, coaching myself to love myself and all the amazing gifts I bring to this world.

VISION SAMPLE 3

Health: I have reached my weight goal by eating healthy foods and working out at least three times a week. I have so much more energy, and love feeling great. The energy I used to spend on wishing I was in shape is now used on other things in my life. My husband and I have been golfing a lot, and I'm actually getting better. We have been on several hikes this past

summer, including Mount St. Helens. I've also begun to really relax by getting monthly massages.

VISION SAMPLE 4

I have really had fun this year with my creative side. My flowers and garden look beautiful and well kept. I do flower arranging when I want to. I have also painted some furniture, done several craft projects around the house, and learned card stamping. I love the new window treatments in my living room, which I found and put up. I also love the new ceiling painting I created in our dining room, and I had the lights in our home replaced.



Session Accelerator 6.1

WOMEN CONNECTED TUNE-UP

Please answer the following questions.

1. What has been the best thing for you about being in the group?
2. What has been most challenging thing for you about being in the group?
3. What has been the most nurturing and supportive thing about being in the group?
4. What in your life has been affected as a consequence of your participation in the group?
5. What conflicts, if any, do you see existing or possibly emerging in the near future in the group? How might we address these conflicts?
6. What changes can we implement to improve or enhance our effectiveness as a Women Connected group?



Your responses to these questions will be shared with the group during the next session. In order to have a successful group, open and honest dialogue is necessary on a regular basis.



Session Accelerator 6.2

MY VISION

