

DAY 1

Vision Day

From Overwhelm to Clarity

Name _____

Date _____



In Lesson 1 of the **Find Your Focus Coaching Program** we look at the ONE specific thing you can do to relieve the overwhelm and become excited, motivated and crystal clear on your goals and direction.

And that is to clarify your vision.

There's the textbook idea of creating a vision is all about what you "should" do.

You "should" set goals for rapid growth...
You "should" set huge income targets...
You "should" always dream as big as your inspirations.

Today is different because I believe there is no such thing as the word "should" when it comes to vision.

The textbooks can't tell you what your vision looks like.

I can't tell you what your vision looks like.

Creating a vision is about so much more than ticking boxes and saying the right words. It's about connecting to your heart's desire.

It's about creating a deep connection to what you really want and putting yourself into the vision you want to create.

So, let's get started.

Here's to doing what you love,



Suzi Dafnis
CEO, HerBusiness



TODAY'S ACTION STEPS

Day 1: Vision **From Overwhelm to Clarity**

Step 1: Watch

Watch Lesson 1 of the Find Your Focus Coaching Program.

Step 2: Do

Spend 15 minutes in a quiet space PAUSING and CONNECTING to what you want business to look like 12-months from now. What is the big change, that if it was achieved in the next 12 months would have your business be more IDEAL for YOU?

What is your 12-month vision (Big Kahuna)?

This is a goal that, if achieved over the next 12 months could really revolutionise your business and give you more of your ideal business.

Your 12-Month Vision can be a monetary goal, or reducing your hours each week, or introducing that new revenue stream that you've been wishing for.

Here are some examples:

- Increase my income by \$50,000 in the next 12 months
- Have in excess of 100 members by 30 June 2022
- Hire a manager so that I can step out of day-to-day operations
- Move from working 1:1 to working 1:many
- Take my offline business online

Step 3: Share

Post your 12-month Vision Statement to the Find Your Focus 'Vision Day' post. We can't wait to see your Vision.



My Vision Statement

The 12-Month Vision (Big Kahuna) for My Business is:

Name _____ Date _____



*Remember to post your Vision Statement to the Facebook Group.

FIND YOUR FOCUS



COACHING PROGRAM



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