



Discover Your Grand Vision

“You must find the place within yourself where nothing is impossible.” Deepak Chopra

A ‘Grand Vision’ Defined

A ‘Grand Vision’ is a grand, inspiring vision for your life; one that represents the best possible outcome and yet is something you see as possible to achieve in your lifetime. Its purpose is to inspire, energize, and stimulate creativity. It is all-encompassing, that is, it overlays all areas of your life... personal and professional. It is not intended to be a measure of success; that’s what goals are for. It requires that you think big, follow your passion, be determined, have faith, and take action to realize your Vision.

Defining Your Grand Vision

Albert Einstein once said “I never made one of my discoveries through the process of rational thinking.” This is also true when defining your Grand Vision. If you use your rational mind to define your vision, you will likely encounter uncertainty, doubt, and limiting beliefs. This will also limit you in terms of the scope of your vision, leaving you wondering how you will actually accomplish it and questioning whether or not it’s even possible. If you avoid becoming mired in the ‘hows’ of your Grand Vision and focus on the ‘why’, you will move beyond such thoughts and into action.

You will have a deep emotional connection to your Grand Vision. If this connection is absent, it’s probably not your vision; it may instead represent what you think it should be, or be based on someone else’s vision. In order to discover YOUR Grand Vision, you must get in touch with what is possible for you.

Example: My Grand Vision is: “To have a profoundly positive impact in the world by evoking greatness on a global scale.”

3 Elements of a Grand Vision

1) It's BIG

When you think big about what you want for yourself, what you can achieve in your lifetime, and the way you approach life, you will open your mind to possibilities you may not have imagined before. This requires big, outside-the-box thinking from which new and bigger possibilities are revealed. When considering your Grand Vision, ask yourself: what would it take to double my result? For example, if you want to raise \$10,000.00 to support a cause that's important to you, what would it take to raise \$20,000.00? If you want to impact 1,000 people, what could you do to impact 2,000? If you want to earn an extra \$25,000.00 this year, how could you earn \$50,000.00 more? When you start to think in larger terms, you expand your thinking, your creativity, and your belief in what is possible.

Take a Grand Step: Spend time (at least 20 minutes) in an inspiring environment to Think Big. Take a journal with you to capture your thoughts once they've settled in.

In the Workbook below (pages 6-8 of this document), write out the big thoughts and ideas that came from your big thinking session.

2) It's Inspiring

Inspiration makes things flow with less effort. It is an inner force that pulls us, rather than pushes us, to do more. Inspiration is a state of being, not doing, and almost anything can generate inspiration. Some people are inspired when they exercise, garden, connect with people, clean, spend time in nature, cook, play a sport, etc. Each person finds inspiration from different sources and yet it can be found almost anywhere. In order to be and stay inspired, it is important to identify YOUR sources of inspiration.

Some common sources of inspiration are:

- Nature
- People
- Experiences
- Quotes
- Memories
- Art
- Stories
- Ideas
- Collaboration
- Poems
- Books
- Results
- Travel
- Pursuing a Grand Vision

The chances are good that you've experienced inspiration at some point in your life; likely many times throughout your life. Perhaps you accomplished something outstanding and in the process you completely exceeded your normal levels of activity, creativity, and/or engagement. Maybe you were inspired by someone or something. How and where do you find inspiration?

Take a Grand Step: Spend 30 minutes in nature or some other inspiring place and identify your sources of inspiration. Focus solely on what you're doing at that time. **Write these sources of inspiration in the Workbook below (pages 6-8 of this document)** and incorporate them into your life more often until it becomes your primary source of energy.

3) It's Meaningful

As you discover and pursue your Grand Vision, you will likely encounter challenges... to your resolve, your belief in your ability to achieve it, and possibly even in the form of doubt by others as to how 'realistic' it is. In order to ensure that you have the stamina to stay the course during such times, it is imperative that it hold great meaning to you. During these times it can be helpful to connect with the bigger reasons WHY this is your Vision.

A great question to ask yourself when figuring out the WHY behind your Vision is: What do I hope to create for myself and others by actualizing my Grand Vision?

Example: My 'Why' is: 'to foster greatness at home and at large, have the richest experience of life possible, and leave the world a better place for my daughter and future generations'.

When you know why you're doing the things you're doing, they have more meaning and depth. This will fortify your resolve to overcome the inevitable challenges you will face on your journey. It is important to know yourself, understand what drives and inspires you, and why you do the things you do.

Take a Grand Step: Complete the *7 Layers Deep exercise in the Workbook below (pages 6-8 of this document)* to create clarity around your Why. I learned this exercise many years ago, but have been unsuccessful in identifying its originator. Regardless, I have found it to be highly effective for honing in on your Why. This process can be applied discovering your Grand Vision and to specific goals you have.

7 Layers Deep Exercise: Start with Your Grand Vision and answer:

1. Why is this important to me?
2. Next, answer why #1 is important to you
3. Then, answer why #2 is important to you
4. Then, answer why #3 is important to you
5. Then, answer why #4 is important to you
6. Then, answer why #5 is important to you
7. Finally, answer why #6 is important to you

Once you get to the 7th level, you will have identified the core, most important reason, or 'Why', for your Grand Vision. This will result in clarity and a deep connection to your Why that will sustain you through the process of pursuing and achieving it.

Actualize Your Grand Vision

It is not enough to HAVE a Grand Vision, it is imperative that you ACT on it. All of the grand plans, ideas and dreams in the world are of no consequence unless they are put into action. There are a number of things that have the potential to get in your way of taking action toward actualizing your Grand Vision. Among the most common are you, other people, and a lack of support.

The following strategies and tactics will help you set yourself up for success:

- **Believe in Yourself and Your Grand Vision**

What you believe about yourself is more important than what others believe. You must come to a place of belief not only in yourself, but also in your Grand Vision if you hope to actualize it. Identify your limiting beliefs and the areas in which you lack faith in your ability. Think about times in your life when you achieved great things, overcame challenges, and surprised yourself. Gather evidence that will support your success and use it to bolster your belief in yourself. Make sure you are invested in and excited about your Grand Vision and that you are inspired and committed to make it a reality.

- **Design Your Environments to Support You**

Design your environments to fully support your success. Environments can range from your thoughts and beliefs, to the people in your life, self-care, being organized, an inspiring living space, a memento, an inspiring message, reading about people who have achieved great things, etc. Surround yourself with people who support and believe in you and if your inner critic or other people in your life raise doubt or express negativity, minimize or eliminate the time you spend with them.

- **Enlist Support from Others**

Once you have determined your Grand Vision, or at any point along the way, enlist help from people who are supportive of you as you move forward. This is important for a number of reasons, most notably to help you gain clarity, maintain momentum, help you through tough times, encourage you, brainstorm, and hold you accountable.

Taking action, sustaining your energy, and fueling your passion become easier and the journey to actualizing it becomes more enjoyable when you believe in yourself and your vision, design your environments to fully support your success, and enlist the support of others as you pursue your Grand Vision.

If you're interested in the possibility of working with me to gain greater clarity, direction and results, schedule a complimentary 30 minute "How to Have it All" strategy session to explore the potential and fit between us. Schedule it online here: ["How to Have it All" Strategy Session - Michelle Richardson](#)



This Workbook is designed to enable you to gain maximum benefit from this Discover Your Grand Vision process. Complete this workbook to create clarity and capture all of your thoughts, inspiration and commitments in one place.

3 Elements of a Grand Vision

1) It's BIG

Take a Grand Step: Write your big thoughts and ideas that came from your big thinking session here:

2) It's Inspiring

Take a Grand Step:

My sources of inspiration are:

I will incorporate them into my life in the following ways so that inspiration becomes my primary source of energy:

3) It's Meaningful

Take a Grand Step:

By actualizing my Grand Vision, I hope to create the following for myself and others:

7 Layers Deep Exercise:

My Grand Vision, as I know it today, is:

1. This important to me because:
2. #1 is important to me because:
3. #2 is important to me because:
4. #3 is important to me because:
5. #4 is important to me because:
6. #5 is important to me because:
7. Finally, #6 is important to me because:

My 'Why' for my Grand Vision is:

If you're interested in the possibility of working with me directly to gain greater clarity, direction and results, schedule a complimentary 30 minute "How to Have it All" strategy session to explore the potential and fit between us. Schedule it online here: ["How to Have it All" Strategy Session - Michelle Richardson](#)