



Manifesting my Vision

Visual Map

At the start of a new year, I feel like Michelangelo. There's a big block of marble in front of me and a beautiful statue inside of it. I just need to hold a powerful vision in my head, start chiseling, and set the statue free.

Let's begin the new year by doing just that – creating a compelling vision of the year ahead. So here's my gift to you...the **Manifesting my Vision Visual Map**.

One of the best ways to sow the seeds of your vision is to first see it in your mind. The Manifesting my Vision Visual Map is a tool to help you bring your vision to life – from a faint whisper at the back of your mind – to a vivid commitment on paper - until you actually manifest it through action.

Think of your map like a magnifying glass – that focuses your time, resources and energy towards what you **really** want.

Enough talk. Are you ready to use this awesome visual map? Here's how to get started.

1

Set aside 30 minutes to work on your map. Switch off your phone and computer. Get yourself a cup of tea. Breathe deeply. Carve out some mental and physical space to do this.

2

Begin by rooting this new year in an attitude of gratitude. Examine your life right now. What are five things in your life you're immensely grateful for? Write these down in the yellow boxes at the bottom of your map.

3

Move on to the central circle. Dedicate your year to **one powerful intention**. What is that one thing you want to focus on through the year? This is not a goal – but an underlying practice or theme you want to pay attention to.

For example, this could be your year of **Self Mastery**. Maybe it's your year of **Adventure**. Or your year of **Kindness**. Summarize your intention in a few words or a short phrase. Think of a visual icon that represents your intention. Put these down in the central circle. For example,

Year of

Taking Control.

If it is to be, it is up to me.

4

Once you have the central circle filled in, start writing in one key goal under each category*. This map is designed as an invitation to think about your goals holistically. Cut through the clutter. Ask yourself, "If there's just one thing I could achieve in this domain, what would that be?"

Value Delivery: Relentless focus on customer needs. Delivering tremendous value. What you might also call "work".

Health: A thriving body and mind.

Inner growth: Practices of self-mastery and self-care. Sharpening the saw.

Relationships: Nurturing relationships that matter.

Adventure: Travel. A new hobby. Innovative projects. Fun!

*If these categories don't fit in with your life, use the unlabeled version of the map.

5

That's it! Use this map as a tool to remind yourself of your intention and goals. Display your map somewhere you can see it every single day. Break down each big goal into an action plan with metrics...and (joyfully) get to work.



Want more copies of the Manifesting my Vision Visual Map?

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You can download additional copies of the map at <https://gumroad.com/drawbridge>

The map is designed at 11 by 17 inches. Print it on tabloid or A3 paper.

If you find this map useful, send me a photo or note at nitya@drawingbridges.com telling me how you used it.

Happy creating!

Nitya Wakhlu



A Drawbridge Innovations LLC SIP* (*simple inspiring product)

Drawbridge Innovations LLC is a visual thinking company. We work with groups all over the world and use visual facilitation as a tool for engagement, clarity and change.

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