



OUR
MINDS
MATTER

DELIBERATE THINKING

Visual- Ise!

how to create a
blueprint of
your future,
and live life
on purpose!

Rhonda x

Welcome to the **Our Minds Matter** community, we're so excited about sharing some of our insights and revelations with you, so you can start living your life on purpose, with *deliberate thinking*, now.

We're offering you a life changing tool to begin your journey to transformation. Because let's be honest, life is a journey. A process, a practice. Not a perfect. Accepting this is the first step towards being who you want to be, inside the life you deserve.

Deciding to take charge of my own life, shifted me from being uncomfortably average, at times numb, to calm, deliberate and empowered. I was burnt out after 25 years in the corporate world, living the life others expected – or needed – me to have, and regularly on meds to deal with the physical symptoms of my stress. So I leapt, became curious, studied, practiced, and practiced. I brushed off emotional cobwebs, accepted my relationship battle scars, ditched my self limiting beliefs, freshened my view of life... and took charge!

Now I'm super passionate about helping you "save your own life" too, or even just shift it from being 'not quite what you think it ought'.

You're already amazing, with so much potential. We hope that working through this workbook will be insightful, inspirational and most of all, transform your perception of your future. We invite you to curl up with a cuppa and delve deep into this and, hopefully, all three of our freebie-tools. Blessings, love and light to you!



Part 1 | our minds matter

We believe there are three things preventing us from thriving, from having that extraordinary life:

1. We're not protecting our attention.
2. We believe everything we think.
3. We're living in default mode.

We are not thinking deliberately. Which means we're living the lives that others expect us to have, accepting our state of chronic stress as normal or being the worst version of ourselves inside our most important relationships. Or we're trying so hard to give the impression of being perfect, and unable to cope when the going gets tough.

the knock on effect of living like this?

We're damaging our creativity, performance, relationships, physical health and mental health. Perhaps your dreams are being cast aside in the busy-ness, and addiction to busy-ness?

the reality?

“Life is bumpy, messy and full of uncertainty, we can't change what is going on around us. But most of us overlook the fact that we can change how we experience it. We are in charge”

the good news?

Whether you accept this yet or not, we know the solutions to these situations are within you.

What we do at Our Minds Matter is evocative because it expands your mind to gain awareness on how you are perceiving and therefore experiencing your reality – that’s illuminating the perceptions, feelings and values that sit lurking under the surface of your behaviours and choices. That awareness gives you control. That awareness helps you create your future, because your future is determined by your attention, your attitude and your action.

You can start designing your future, and living life on purpose!

Which is why we have developed mindfulness and resilience workshops and a coaching practice using a framework which cuts through the conceptual jungle of positive psychology and resilience theory. We use a coach approach to deliver very REAL, practical and transformative solutions. That you’ll actually come up with yourself! As soon as we become redundant to you, our job is done 😊

let’s get this journey started

Articulating your vision is just the start, and it requires kindness and curiosity and imagination! The ‘coincidences’ that unfolded in my life after I created my first dreamboard – and studied it everyday – were mind blowing!! And the confidence and ‘luck’ I manifest as I visualise my life unfolding just as I want it to, is so empowering.

Time to get started my friend!

Part 2 | introduction

Having a vision is knowing what/where you're aiming, having clarity about what your ideal life looks and feels like, and believing it will happen.

There is a huge difference between making a lot of money and making a lot of life. To make a lot of life we need to have a meaningful purpose, we need to LIVE ON PURPOSE!

Afterall, if you don't have a vision of what you want your life to be like, feel like, look like, how do you know what to do each day towards it? Understanding your purpose, your VISION, your reason for being, is pretty exciting.

here's a beautiful reminder from Robert F Kennedy

“The gross national product does not allow for the health of our children, the quality of their education, or the joy of their play. It does not include the beauty of our poetry or the strength of our marriages; the intelligence of our public debate or the integrity of our public officials. It measures neither our wit nor our courage; neither our wisdom nor our learning; neither our compassion nor our devotion to our country; it measures everything, in short, except that which makes life worthwhile.”

and here's a truth according to Mark Manson

"We exist on this earth for some undetermined period of time. During that time, we do things. Some of these things are important. Some of them are unimportant. And those important things give our lives meaning and happiness. The unimportant ones basically just kill time.

So, when people say, "What should I do with my life?" or "What is my life purpose?" what they're actually asking is: "What can I do with my time that is important?"

This is an infinitely better question to ask. It's far more manageable and it doesn't have all of the ridiculous baggage that the "life purpose" question does. There's no reason for you to be contemplating the cosmic significance of your life while sitting on your couch all day eating chips. Rather, you could be taking action and discovering what feels important to you."



Part 3 | finding my vision?

let's reframe this paper

what can I do with my time that is IMPORTANT?

This is a really fun part of making your ideal life your real life. This is where you **CHOOSE what you would want** to do with your life, and what is the most important way to spend your time.

Unless you clearly define exactly what is most important about what you want and understand why you want it the first place, your odds of success are considerably reduced.

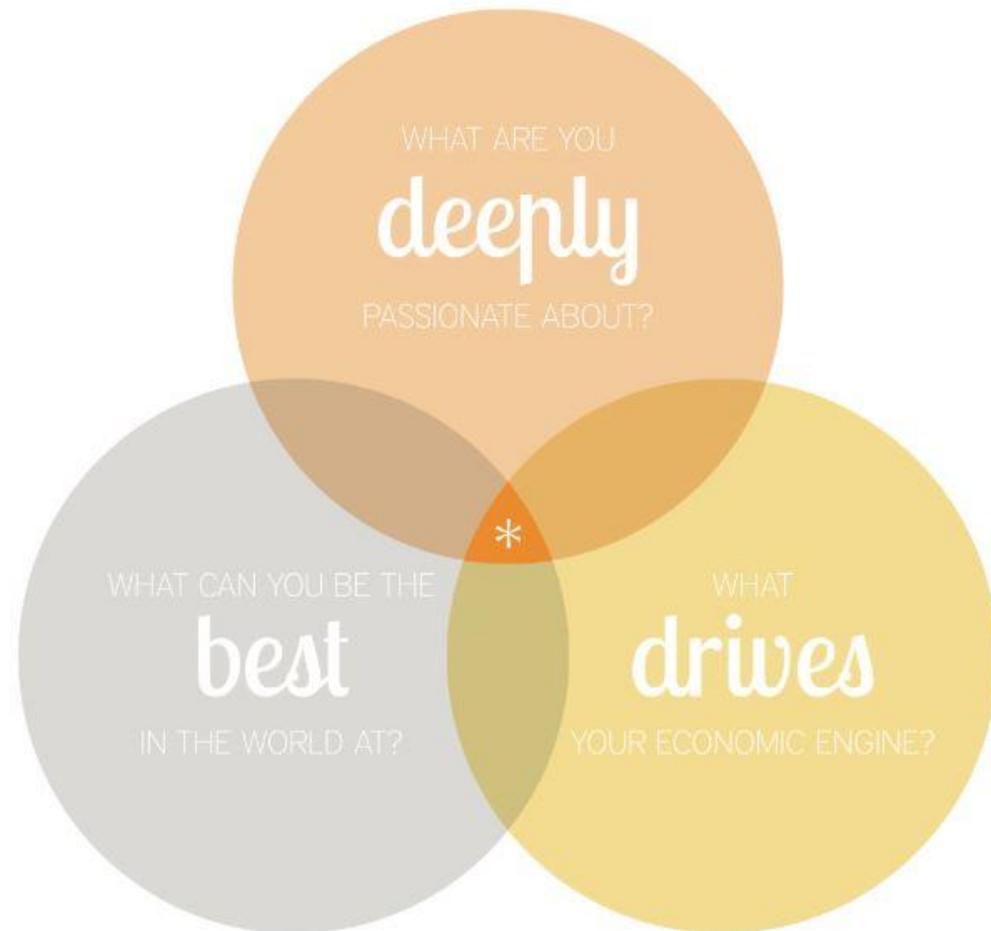
three ways to find what is important to you

1. hedgehog principle

The Hedgehog Concept is based on an ancient Greek parable that states, "The fox knows many things, but the hedgehog knows one big thing." The parable states that the fox uses many strategies to try to catch the hedgehog. ... but the hedgehog, however, simplifies the world and focuses on a single, overarching vision, which they then achieve. The Hedgehog Concept is developed Jim Collin's book Good to Great, where he creates a diagram of three circles, and their intersection:

- ♥ **PROFESSION**: what are you good at doing? What can you be the best in the world at?
- ♥ **PASSION**: what do you love doing? What are you deeply passionate about?
- ♥ **MISSION**: what does the world need (and would be prepared to pay for!)? what drives your economic engine?

* indicates the sweet spot!



www.perideadesigns.com

2. Walt Disney exercise

Walt Disney used to think-up and refine ideas by breaking the process into three distinct chunks. The dreamer, the realist, and the spoiler (or critic).

The Dreamer – Vision – the what?

This is where we want to take you today. This stage is for fantasizing. Creating the most fantastic and absurd ideas as possible. No filters or stop signs or buts and maybes. Just wonderful, raw ideas about your future.

Cast your mind back to what you did as a child and lost time doing, write everything down as if it was a REAL possibility. Why not?

[The other two chunks of Disney's creative strategy were

- * The Realist – Action – the How? and*
- * The Spoiler – Logic – Why?*

P.S. we're not inviting the Realist or the Critic to your visioning exercise today!]

3. Free form

If there was no need for money, if you didn't have to pay the bills by doing it, what would you do? Then Google it. Explore it. Enrich and expand your knowledge one step at a time. Find the answers in your gut, not your head. And just admit it. Even if it's embarrassing to admit it!

Write it down in a story perhaps. Start with waking up in the morning.

- * where are you waking up, with whom?
- * what do you do first thing in the morning?
- * what do you have for breakfast?
- * What is your health, energy and vitality like?
- * what do you do each day to progress towards your dreams?
- * Who do you connect with, how?
- * what do you do for work?
- * how does a work-day feel?
- * what difference are you making in the world?
- * what do you do after work?
- * what time do you go to bed, how many hours do you sleep?....

Part 4 | bringing my vision to life

the law of attraction in action

The reason dreamboards and visualisation are so popular is because they work. The reason they work is because they activate “the Law of Attraction”. Visualisation is away to visualise your future and your future goals, and has been shown to be one of the most powerful mental exercises that you can do.

You are **changing the blueprint** that your mind works from, rather than relying on the experiences and emotions of the past to determine your future. Put simply, this means that that you can program your mind to actually attract things and situations into your life that you are seeking... how great is that!?

If you get this far and get side tracked by this phenomenon – that we can change the blueprint of our mind – whoop whoop! Here are some links to some incredibly informative You Tube clips by **Dr Joe Dispenza**, and I invite you to watch them, perhaps several times! It takes a few goes to grasp all the concepts!

[Youtube – How to Unlock the Full Potential of your Mind \(33mins\)](#)

[Youtube – Reprogram your mind \(17mins\)](#)

“The best way to create your future is to create it, from the unknown”

– Dr Joe Dispenza

you have a choice

Now you've determined what is important to you and you've identified your dreams for your future by working through 1, 2 or 3 of the techniques in part 2, you have a choice about 'bringing them to life'.

- ♥ Are you a more visual, creative, tactile person? Do you love photos, images and trinkets? A dreamboard may suit you best.
- ♥ Are you more comfortable keeping your vision of your future in your head? Is your imagination really active? Visualisation may suit you best.

And of course, you may be both, you may do both!



Part 5 | creating a dreamboard

what is a dreamboard?

A dream board, or vision board, is a visual tool that serves as a guide to your goals for the future. Using pictures and words, it provides a visual representation of your dreams and your ideal life – whatever that may be for you!

It's a beautiful and fun way to get in touch with your intuition, better understand yourself and your dreams and to bring a more concrete feeling to your dreams or vision.

what to include

Generally, you'll fill your dream board with images of who you want to be, or what you envision in your future. This can include where you want to live, what kind of house you want to have, how you want to improve your physique, or where you want to go on holiday. It should be designed to serve as your image of the future.

Your vision board focuses on how you WANT to feel in the future so that you can visualize this future and eventually make it come to life.



first of all

We need to truly understand the meaning and purpose behind a vision board, and cultivate a positive mindset. If you think you can just slap a bunch of pictures onto a poster board or into a book, and call it a day then it's probably not going to work for you. It's important to be intentional in creating your vision board which means there's a lot of things to think about before you go crazy and start picking out a bunch of pictures.

getting messy

Making your own unique dream board can be a chance to exercise your creativity. It's a totally creative way to have a conversation with yourself about setting goals and to reflect on what your dream life looks like. Who doesn't love nourishing their inner child and getting messy with magazine, glue and scissors? You can use a canvas, a piece of card, a box, a journal or create a PowerPoint.

Making dream boards with whanau or a group of friends can be a fun way to exercise your creativity and spend some time bonding. When you finish constructing your dream board, give everyone a chance to talk a bit about why they made their dream board the way they did. Speaking your visions, dreams, and goals aloud is another step toward making them come true.

what do I do with it??

Whatever medium you use to display your images, we recommend you keep your vision board somewhere in your bedroom so you can spend time each evening visualising, internalising, and affirming your goals for the future.

If possible, put your board in a location where it is one of the first and one of the last things you look at each day.

Maybe even keep a picture of your dream board on your phone. If you ever feel like you're lacking focus, take a quick glance at it to refocus and recentre yourself.

If you make several different dream boards for different areas of your life, you may want to keep them in locations that are relevant to the aspect of your life on which they focus.

the magic

You need to truly understand the meaning and purpose behind a vision board, and cultivate a positive mindset. Sadly we can't just slap a bunch of pictures onto a poster board or into a book, and call it a day.

It's important to be intentional in creating your vision board. Choose the pictures and words for your vision board intentionally.

Cultivating that positive mindset and being intentional is what we do at Our Minds Matter – check out our [website](#) 😊

You also need put in work in order for the vision board to work. The vision board is not magic on its own, but with the correct mindset, and ambition, your dreamboard works if YOU work. Start with good placement!

new dreams?

Dreams evolve and sometimes change completely, so it is good to keep growing your dream board along with your changing dreams. You should practice making new dream boards regularly. They can help you stay on the track to follow your dreams since they can be important motivators. Leave room on your new board for additions, but acknowledge when it is time to retire the old one.

tool #1 - DREAMBOARD

Make some notes here before you start ripping, cutting, pasting

What time frame are you looking at - 1 year, 3 years, 5 years?

How do you want to feel?

What do you want to be doing?

Who do you want to be?

What do you want to have?

Where do you want to be spending your time?

Do you have any favourite quotes?

How can you incorporate your values?

What else springs to mind for you?

Part 6 | using visualisation

reprogramming your mind

You can program your mind to actually attract things and situations into your life that you are seeking – by making them familiar to your mind. Either through seeing a 3D image of them on your dreamboard OR an imagined view of them in your mind. Either way, your mind won't know the difference – it simply starts making those images familiar and eventually puts them inside your comfort zone for you.

Visualisation has been shown to be one of the most powerful mental exercises that you can do. The act of rehearsing your plans mentally, of closing your eyes and rehearsing the actions, if you're truly present the brain doesn't know the difference between what you're imagining and what you are experiencing in the real world. So, you being to install neurological hardware in your brain to look like the event has already occurred.

Now, your brain is no longer a record of the past, it is a blueprint of the future that you WANT, and if you keep visualising (through meditation for example), the hardware becomes a software programme – that is, it moves from 5% conscious to 95% 'automatic'.

tool #2 – VISUALISATION

Regardless of where/how you do this, visualisation involves imagining your vision or dream has already arrived, you are IN it, telling yourself the story of what your life will be like in (three) years.

And asking yourself the questions: what does it feel like, look like, sound like?

Visualisation can be practiced:

- ♥ in a regular meditation practice where you are ‘watching’ your life using your “mind’s eye”.
- ♥ by writing down your ideal life, your vision, and reading it every morning.
- ♥ by sitting in front of your dreamboard and mentally, deliberately, visualising your life being ‘just like that’.

You can find numerous visualization meditations online, however we have found it somewhat difficult to find one especially designed for visualising your dreams. So we have created our own. We use this often, so we no longer need to follow the script. After a while, you’ll be able to ‘go solo’ too.

Here is something you could try:



Begin by settling yourself. Sit in a meditation posture and take a few deep, calming breaths.

When you're feeling ready, imagine looking with your mind's eye towards a path leading into a forest (or toward a beach, or another safe, calming place for you), you are invited to follow this path. You feel an urge to follow it.

Soon enough the path ends and you reach an open space. In the centre of this open space is a large comfortable looking armchair. You sit in the chair. It's just as comfortable as it looks.

And you notice a huge cinema screen in front of you. On the screen you see yourself (in three years time). You see yourself waking up in your beautiful home .../ standing up and presenting.../ being with your partner/lover.../ starting your day as you always wish you would.../ putting your hand up in a meeting and offering up your ideas.../ being fit and healthy... [whatever you want, visualise it, watch it play out on the screen in front of you].

Use all of your senses – what can you see, what can you smell, what sounds are there..?

Experience the life on the screen, through your imagination, as open, free of constraints and REAL.

As you continue to hold this image, imagine the sun pouring light over you, allow the rays to nourish you and fulfil you. Rest in this healing light for as long as you wish to.

Whenever thoughts creep in, return to the images on the screen, experiencing your life in all its vividness.

Part 7 | believing, attracting, seeing the signs

We know, life is all about choice. And that includes choosing to do or be something. You've done that part already.

There is magic in having a **firmly held belief** – that your vision is a blue print of your future.

There is power in the **law of attraction** – what we visualise and view each day becomes part of our lives.

There are results in **taking notice** – that is spotting opportunities, signs and coincidences!

Visualisation is much more than simply saying you want something to happen – or wishing it would. The more you visualise and embed the images of your future in your mind, the more your mind will be able to see connections between reality and what you want.

But be alert to them – don't let the ideal opportunity or chance go begging. Try a few new things, take a few risks, be brave and have the courage to live big!

Playing Big is being more loyal to your dreams than to your fears. We all feel both: the pull toward our aspiration, and the pull toward our comfort zones. Playing big is placing all your allegiance with your dreams. That means playing big (and all the joy that comes with it) happens not when you achieve your visions, but when you take that first self-supportive step onto the road of realising it" – Tara Mohr.

Part 8 | next steps for you

If you've found this chapter useful, and you'd like to learn more about shifting from stressed and disconnected to calm, deliberate and productive, then please get in touch!

FIRST – congratulate yourself for taking the responsibility of creating and living your own life seriously!

SECOND – email us to get your hands on our other two freebie resources

1. Starting Your Day on Purpose
2. Managing Your Stress on Purpose

THIRD - if you haven't already done so please connect with us on [Facebook](#) and let us know how useful this tool was for you, what impact this has had in your life journey.

FOURTH – for more information about what we offer, and if you're interested in finding out how you or your team may benefit from more mindfulness and resilience, visit our [website](#) or email me Rhonda@ourmindsmatter.co.nz or call me directly (+64 21 963 793). I always love talking with people interested in learning more about themselves!

FIFTH - if you are ready to move to the next level, to shift from stressed and disconnected, or simply comfortably numb and you need *more* than another self help book, coaching may be a good next move. Please pick up the phone (+64 21 963 793). You can find out more about what coaching we offer [here](#). The first consultation is absolutely free!

Rhonda Parry

Coach | Facilitator | Speaker

I'm a qualified mindfulness practitioner (Ovivo)

A graduate of the MBSR (Mindfulness Based Stress Reduction) programme

A graduate of the Positive Psychology Realizing Resilience Masterclass

I'm training for the ICF international coaching qualification.

I have an Adult & Tertiary education qualification.

And I'm a chartered accountant in there for good measure!

I'm also a mum, a wife, a sister, daughter and friend. Perhaps, just like you. I yoga, garden, run and make chutney. I'm a self-confessed addict to persona development, learning the science and research behind why we do what we do when we know what we know!

