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GAFÉIAS ANTINOUS ACADEMY- GAFÉIAS Sustainability University
Knowledge management and Distance learning

TheSuccessPrinciples.EU and DieErfolgsprinzipien.de

Success Principles vision exercise

With reference to the book

The Success Principles – How to get from where you are to where you want to be
[2005] Jack Canfield and Janet Switzer

Ask your subconscious mind to give you images of what your ideal life would look like if you could have it exactly the way you want it.

Start by setting up a relaxing environment and ask your subconscious mind to give you images exactly the way you want it.

1. FINANCES

What is your annual income?

What does your cash flow look like?

How much money do you have in savings and investments?

What is your total net worth?

2. HOME environment

What does your home look like?

Where is it located?

Does it have a view?

What kind of yard and landscaping does it have?

GAFÉIAS GLOBAL ASSOCIATION FOR ENVIRONMENTAL INVESTMENTS AND SUSTAINABILITY OF ECONOMIC, SOCIAL AND ENVIRONMENTAL SPHERES

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What color are the walls?

What does the furniture look like?

Are there paintings hanging in the rooms?

What do they look like?

Walk through your perfect house, filling in all the details.

3. JOB / CAREER

Where are you working?

What are you doing?

With whom are you working?

What kind of clients or customers do you have?

What is your compensation like?

Is it your own business?

4. FREE TIME / RECREATION TIME

What are you doing with your family in the free time?

What are you doing with your friends in the free time?

What hobbies are you pursuing?

What kind of vacations do you take?



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What do you do for fun?

5. BODY / PHYSICAL HEALTH

Are you free of all disease?

How long do you live to?

Are you open, relaxed, in an ecstatic state of bliss all day long?

Are you full of vitality?

Are you flexible as well as strong?

Do you exercise, eat good foods, and drink lots of water?

6. RELATIONSHIP WITH FAMILY AND FRIENDS

What is your relationship with your family like?

Who are your friends?

What is the quality of your relationships with your friends?

What do those friendships feel like?

Are they loving, supportive and/or empowering?

What kind of things do you do together?



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7. PERSONAL ARENA OF MY LIFE

Do you see yourself going back to school, getting training?

Attending workshops, seeking therapy for a past hurt, growing spiritually?

Do you meditate or go on spiritual retreats with your church?

Do you want to learn to play an instrument or write your autobiography?

Do you want to run a marathon or take an art class?

Do you want to travel to other countries?

8. COMMUNITY I LIVE IN

What does it look like when it is operating perfectly?

What kinds of community activities take place there?

What about your charitable work?

What do you do to help others and make a difference?

How often do you participate in these activities?

Who are you helping?