

Session 6

THE MAGNIFICENT OBSESSION: TRANSFORM YOUR DREAM INTO A VISION OF SUCCESS

OBJECTIVES

At the end of this Session, you'll be able to:

- *Describe how a sensory vision of purpose effects your ability to be self-disciplined.*
- *Translate your statement of purpose into a sensory vision.*
- *List and use the five daily guidelines for internalizing and emotionally reinforcing your sensory vision of purpose.*

BACKGROUND

So far you have identified your purpose (Session 4) and drawn inspiration and know-how from role models who have achieved the same or similar purpose (Session 5). In this Session, you'll learn how to transform your purpose and sense of possibility into a specific, sensory detailed vision or goal. This vision of purpose, rich in imagination and emotion, will serve as the wellspring from which you'll draw the necessary energy to relentlessly pursue your purpose over an extended period of time.

PRACTICE

1. Listen to the narrator on audio Session 6, "The Magnificent Obsession: Transform Your Dream Into a Vision of Success."
2. When instructed to do so by the narrator, translate your statement of purpose into a Sensory Goal Statement. Use the space provided below. The statement should specifically state what you want to achieve, when you want to achieve it, and specify a measure to let you know when you have achieved it.

FORM 6.1
SENSORY GOAL STATEMENT

3. When instructed to do so by the narrator, print and complete the following "Vision of Achievement" form.

FORM 6.2
VISION OF ACHIEVEMENT

Insert role playing photographs of yourself having already achieved your goal or pictures of other people or symbols which represent your achieved goal.

4. When instructed to do so by the narrator, complete Form 6.3 'Positive Consequences Worksheet.'

FORM 6.3
POSITIVE CONSEQUENCES WORKSHEET

Write a list of all the advantages and rewards you'll experience as a result of achieving your vision.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

5. When instructed to do so by the narrator, complete Form 6.4 "Sensory Vision Worksheet."

FORM 6.4	
SENSORY VISION WORKSHEET	
Write a detailed description of the positive sensory impressions you'll experience when your goal is achieved.	
SIGHT:	_____
SOUND:	_____
FEEL:	_____
TASTE:	_____
SMELL:	_____
EMOTION:	_____

As the narrator describes the five guidelines for internalizing your vision of purpose, write each step in the space provided below.

1. _____

2. _____

3. _____

4. _____

5. _____

POINTS TO REMEMBER

The following points are important to you as you work to transform your purpose into an emotion-provoking, sensory-detailed vision of achievement.

- Your purpose is a general statement of what you would like to achieve. Your vision is your purpose translated into a specific goal that is rich in sensory imagery.
- The emotional by-product of a clearly defined, sensory-rich vision is a deep, compelling conviction that your purpose is obtainable. Sensory vision takes you from the feeling of possibility to a concrete belief that you know, deep in your heart and mind, that you can achieve your goal.
- The most important sensory images to dwell upon are the images of yourself reaping the rewards of your achieved vision.
- It is vitally important to work, on a daily basis, on transforming your vision into a passion for achievement.

PROGRESS CHECK

1. Without looking at your notes, write a brief description of how a clear, sensory vision effects your ability to be self disciplined.

2. Without looking at your notes, list the five daily steps involved in internalizing and reinforcing your vision.

1. _____

2. _____

3. _____

4. _____

5. _____

3. Check your answers in the Progress Check with the notes you made during the Practice.