

VISUALISATION TASK

Hey peeps!

Welcome to the visualisation task, where we are going to get you nice and comfortable with your business idea.

Not sure exactly what your idea looks like over the next few years?

No worries. I've got you covered.

This task is a guided visualisation. Now, I know that sounds a little bit "woo woo", but honestly, it's just me giving audio cues, to get you to imagine stuff that you want in the future. And it's incredibly helpful in determining exactly what you want from your business, even if you have already been up and running for a few years!

So here's what you need to do:

Get into a comfortable position and make sure you have eliminated any distractions. Turn off your phone and ask not to be disturbed for the next 30 minutes. The visualisation goes for about 5 minutes, and then you will need 15-20 minutes to write everything down.

You can print these task sheets or fill them in digitally (just click or tap in the text areas), to use immediately after listening to the audio.

Listen to the audio for the visualisation all the way through without pausing, writing, or doing anything else.

Then take your time and write as much as possible about what you saw, experienced and felt during the visualisation, on your worksheets.





Morning time

Imagine the start of your day...

What do you do when you first wake up in the morning? What does your morning routine look like? Where do you go to start your work day?

Your Workspace

Imagine the perfect work environment...

How is the space configured to suit your work perfectly? What colours are around you, how is it furnished? What is on the desk, the walls, the floor?





The working environment

Imagine the atmosphere of your work space...

Are there other people around? Is it busy and active? Or quiet solitude? Is there music, pets, children around? Are you working by yourself all day, or working with others?

Your work

Imagine spending the day on your passion ...

What work are you creating in this space? What products or services are you offering? What is new or different about your products or services in the future? How has your business grown, expanded or evolved?

Balance

Imagine how you balance work with life...

How are your daily tasks balanced with rest, rejuvenation and motivation? Who helps you in your business, around the house, or with your children? What do these people do to allow you to focus solely on your work? How long is your work day, when do you begin and finish working?





Your Peeps

Imagine your perfect customers...

What do your customers say when they recommend you to their friends? What impact do you have on them and their lives? How do you help them?

Values

Imagine the most enjoyable part of your day...

What values do you bring into your work? What do you want your business to be known for?

Celebrate

Imagine the adventure...

What successes and milestones have you celebrated? What awards or recognition have you received?

