

My Personal Vision in Words

Dear God:

Here is my personal vision, this or something better, if it is your will for me:

Partner/intimacy/sex: Dear God, I would like to find a suitable partner this year but hopefully in the next 3 months. It seems I have an anxious-avoidant attachment style, so I would like to find someone who compliments that and so we can help each other heal and grow to be the best versions of ourselves. I would like to find someone who I am physically attracted to, someone with the same values as me especially around spirituality, and someone who is fun to be with. I would like to get more clear on this over time.

Spirituality/Healing/personal development/growth – Dear God, I would like to continue to discover my mission and purpose in life and be 100% free from all unhelpful remorse, regret, guilt and shame from the past. I want to fully know, feel, and believe in my personal worth and help others do the same. I want to put myself into the world to create and add value to my life and the lives of others. I want to pursue family constellations, experience more of my own work and become certified to be a facilitator.

Health/nutrition/physical training: Dear God, I want to consistently improve my physical health in all areas as time passes. I want my brain and body to function at optimal capacity and continue to improve. I want to eat a healthy diet of high quality fruits, vegetables and meats with limited grains and dairy. I want to do physical training that is sustainable, challenging and progressive. I want to have a HIGH QUALITY SLEEP routine. Going to bed and waking up early. I want to meditate consistently at least twice per day. I want to maximize how good my body looks and feels. I want to take care of myself by going to the doctor and dentist on a consistent basis.

Time: I want to be very efficient with my time, using my time for all areas of my life, including time for fun, relaxation and rest. I want to be accountable and feel good about how I spend my time always. I want to HIGHLY VALUE my time and spend every minute with intention and purpose.

Clothes and grooming: I want to buy and wear high quality, clean, stylish, durable clothes that make me look good and present myself as a high value person. I want to wear brands that I am proud of that flatter my body. I want to keep myself clean, well groomed and looking and smelling good.

Community/Family/Friends: I want to have improved relationships with all people. A host of friends, new and old, a real community to enjoy many meaningful moments with. I want to make new friends easily and be great at having conversations at all levels. I want to spend more time with my nephews, my sister and brother in law and heal past relationships with family and communities I have been a part of.

Social fun: I want to attend purposeful event with others, host parties, create space for sharing and connection, I want to have a rich and full calendar of scheduled events that I look forward to. I want to make and keep commitments in all areas of my life.

Contributions/service: I want to be of maximum service to my family and friends, in my occupation, and especially in recovery to my recovery family and my sponsees.

Home/environment: I want a new home. I want to keep my current home clean and clear, comfortable and peaceful

Car/vehicle: I want a new car. I am grateful for my current vehicle, however it seems to have consistent issues that arise and some things like a wearing interior and some rattles and vibrations that I don't like. I want an SUV, a Jeep or a Subaru or other model I like, that is in a style I like, a dark grey metallic with dark rims, and an interior that is comfortable and spacious. Something that is problem free, affordable, and minimal maintenance.

Recovery/Spirituality: I want to work the steps in DA. I want to write my inventories and make the amends that I have overlooked in the past. I want to experience the promises. I want to maintain and continue to grow in my AA/SLAA/DA recovery.

Hobbies and interests and travel: I want to continue to explore the things I have done in the past such as dance, boxing, and art and continue to try new things that I may enjoy. I would like to do things that I can share with others. I want to go places I have never been before. I would like to be proficient in another language other than English.

Books, reading, and entertainment: I want to read at least a book a month and listen to music and watch movies that stimulate my imagination and/or make me laugh.

Education: I want to begin and complete my MSABA Mount Saint Mary's University and be certified as a BCBA.

Career: I want to continue my work as an LPN, set the stage for becoming an RN and a BCBA and work at St. Coletta's and improve my relationships with the staff and the children there. I want to advance into leadership roles there and make a lasting impact and set the foundation for a long satisfying career working to improve the lives of black families in low income areas that have special needs children.

Purpose/Mission: I am a man that brings value into the world by helping all people discover their inherent self-worth and develop their gifts and talents in the world. I create space for healing and am skilled at observing and communicating in a way that brings out the best in people and removes blocks that are in the way of people reaching their full potential.

Income: I want to create a lot of wealth. I want to double my income to at least \$150,000 per year. I want to have a solid spending plan that I feel good about and can maintain. I want to have financial mastery. I want to be free from financial fear. I want to create a business/enterprise/entrepreneurship or some way that is enjoyable for me to create wealth.

If this is your will for me, God, please show me the right actions to take on the path toward it. If it is not your will, please redirect my thinking and actions to be the person you would have me be. Thank you, God.