

# Vision Workshop: **3 Keys to Accelerating Your Impact While Maintaining Self-Care Practices**

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2011

“Most men lead lives of quiet desperation and go to the grave with the song still in them.”

- Henry David Thoreau



**2011-2014**



2014







**Mary Morrissey**

*The quality of our life is  
determined by the quality of  
questions we ask.*

# *What would I LOVE?*





# *Key #1:* *Vision*

“Every great dream begins with a dreamer.”  
-Harriet Tubman

- Health
- Relationships
- Vocation
- Time & Money Freedom

**Full Spectrum Wealth**



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- A set of beliefs, feelings, and actions that shape our current results.



**Paradigms**



**River Reed Thinking**

1. Feeling fundamentally flawed
2. Fear of abandonment and disloyalty
3. Fear of the burden of success
4. Fear of outshining

## **4 Barriers to Success**

- Delay
- Distraction
- Dissuasion
- Disaster

**Paradigms**

# *Key #2: Mindset*

“We cannot get to our dream. We must come from it. And in order to come from it, we must become it.”

– Mary Morrissey



**1. Notice What You're Noticing**

2. Hit the Internal Pause Button

3. Align Mindset with Vision

4. Cement with Action Step

**Paradigm Shifters**

- Make a date with your fear, doubt, and worry



**Paradigm Shifters**

*Key #3:*  
*Support Structure*

“Nothing will work unless you do.”  
– Maya Angelou

Only two ways to change a paradigm:

- Structure of Support Over Time
  - Give up the I know that syndrome
  - Give up the lone ranger syndrome
- Strong Emotional Impact
  - Usually negative

**Changing Your Paradigm**

- Vocation
- Health
- Relationships
- Time & Money Freedom

“You can fail at what you don't want, so you might as well take a chance on doing what you love.” - Jim Carrey

**Full Spectrum Wealth**



*Keys #1-3:*  
*Vision*  
*Mindset*  
*Support Structure*

“I hope you love what you’re doing because  
your trading your life for it.”

– Bob Proctor





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