



VANNESSA MCCAMLEY

# REFLECT ON YOUR THINKING AND THE BEHAVIOURS YOU NEED TO REACH YOUR VISION

by **Vanessa McCamley**, Leadership and Performance Consultant, Coach, Facilitator, Author and Keynote Speaker

How often do you reflect on your thinking and behaviours to fulfil your purpose?

Often, we are so busy we do not devote time to reflecting on the thinking and behaviours required to achieve our WHY, our purpose. Over time some of the behaviours that have helped you be successful may no longer serve your purpose. Your purpose may have changed as you have grown and developed.

Regularly dedicating time to reflect is one of the most effective strategies for creating a compelling vision of the life you want, and realising that vision. The best way to look at the concept of a life vision is as a compass to help guide you to take the actions and make the decisions that will propel you toward your best career and life.

## HINDSIGHT CAN BE A WONDERFUL GIFT

Reflection on key learnings is GOLD. Through reflection we can use the key learnings from past experiences to explore options in our current environment/situation and choose those most likely

to help us achieve success. We often code memories as good and bad, wanting to move towards the good and away from the bad. A common example is a workplace brainstorming session where someone produces an idea and someone else says "I've tried that and it doesn't work." How often have you experienced this?

In this situation I often ask insightful questions like:

- Knowing what did not work, what would you do differently to set up for success?
- What options could be explored to gain a different perspective and outcome?

To become clear on your vision / purpose, what you want to achieve and what this looks like, reflect on the learnings from these questions without bias.

## WHY YOU NEED A VISION

One of my favourite quotes, adapted from Lewis Carroll's Alice in Wonderland, is: "If you don't know where you are going, how will you know when you get

there?" With a clear vision you are likely to achieve far more than you would without one. Think of crafting your life vision as mapping a path to your personal and professional dreams. Life satisfaction and personal happiness are within reach. If you do not develop your vision other people, the environment and circumstances will direct the course of your life.

Clients have asked for my help because they no longer want to go with the flow; they want to create the path that adds the most value to their lives. Here are the steps I recommend. The first step is the creation of a vision board.

### WHAT IS A VISION BOARD?

Your vision board is a unique visualisation tool that creates a space in which to define your goals. Think of it as a map of your future that will inspire you and act as a guide to your day-to-day behaviour, steering you towards the future you desire. Use this to create your desired career, relationship, income level or anything important to you.

### STEPS TO CREATE YOUR VISION BOARD

1. Define your purpose and goals along with your top three to five values.
2. Identify the actions you need to take to achieve your goals. Use photographs, images from the web, whatever inspires you.
3. Make a collage of all these images on a bulletin board, wall or piece of paper you can laminate or put into a binder. Feel free to get creative! Consider including a picture of yourself in a happy state. What would this look like? What would it feel like?
4. Tip: to avoid attracting chaos into your life, be careful not to create a cluttered or chaotic board. Simplicity is best.
5. Add motivational 'affirmation words' and inspiring quotes that represent how you want to FEEL. Choose words like 'courage,' 'brave,' 'free,' 'creative freedom,' 'belonging,' or 'orchestrator.' Take a few moments to review your vision board every day, especially when you wake up and before you go to bed. You can use it while doing yoga, meditating, making plans or relaxing.



### OUR BRAIN NATURALLY SEEKS CERTAINTY AND PREDICTABILITY

If you can prime your brain to overcome obstacles and create a vision based on these learnings you will save time and effort when making decisions about your career and life direction and looking after your health and well-being.

### ABOUT VANNESSA MCCAMLEY

Vanessa McCamley is a leadership and performance expert specialising in neuroscience practices that help individuals and businesses grow in meaningful ways whilst delivering measurable results in healthy ways. She has a passion for helping people and businesses to overcome obstacles and enabling them to reach their strategic goals. She brings a strong background in IT security and more than 20 years of business experience to collaborating with individuals at all levels and from several industries. She is the author of *Rewire for Success* – an easy guide to using neuroscience to improve choices for work, life and wellbeing.

 [linksuccess.com.au/rewire-for-success](https://linksuccess.com.au/rewire-for-success)

 [www.linkedin.com/in/vanessa-mccamley](https://www.linkedin.com/in/vanessa-mccamley)

 [linksuccess.com.au/contact-us](https://linksuccess.com.au/contact-us)