



Creating a Vision for your Path to Personal Greatness

Once a world-class competitor in multiple sports, Alvin Brown has now turned his focus on becoming a world-class peak performance consultant and advisor. Alvin is an international speaker and author of Journey to Personal Greatness, the CEO & founder of the Centre for Healing and Peak Performance, a multi-disciplinary Health, Wellness and Peak Performance Centre. Last Friday, January 27 at MARSTalk, Alvin shared a special message "Creating a Vision for your path to Personal Greatness" at Debbie's Cafe. www.MARSTalk.ca.

"Where there is no vision, the people perish". How many times have you heard this phrase before? In our world today, we see the people who have no goals, dreams, or ambition. Imagine a life without purpose or just living their life day by day, bills by bills. Crazy, isn't it?

So, why it is important to have a vision, goals, or dreams? Here are couple of reasons:

- To motivate
- To give direction to life
- To make sure we get what we want from life
- To save time
- To give a sense of accomplishment
- To reduce stress
- To have purpose in life

While goals certainly give us direction, they also provide the motivation to get us through difficult areas of our life. Every goal you achieve can give you a boost of energy and positive momentum to keep pushing.

4 Tips on Creating Vision for your Personal Greatness:

1. INSCRIPTION- A lot of people don't write their goals. They have an unclear idea of what they want. Do you know what you want in life? What things make you happy? Write it down.
2. DESCRIPTION- Describe what you want. Get in more details. Maybe you want to lose 10 lbs? or earn and save at least 100k this year? Write your goal using your 5 senses.
3. SUBSCRIPTION- Time to Buy In! Your goals will be so strong that you'll have to buy in.
4. PRESCRIPTION- It has to solve the problem. What solutions you have that can solve a problem

Question #1: Do you know what you want in life? What things make you happy? Write it down

Question #2: Describe what you want in 5 senses (taste, sight, touch, smell, and hearing)

Question #3: Are your goals strong enough that will make you jump out of bed?

Question #4: Does it solve a problem?