



Your Photo Goes here

CHRIS

Your Name Goes Here

WALKER

VISION JOURNAL



Sometimes we forget to dream



Imagination is alive

Enthusiasm is possibilities

Engagement is linking the present to the future

Possibilities for the future holds the key to health and wellness

The more you dream the more attractive you become

Always Remember to G.I.V.E more than you take....

GRATITUDE



Your Perfect Day Tomorrow

Time	Details
0500	
0600	
0700	
0800	
830	
900	
1100	
1120	
1300	
1400	
1530	
1600	
1730	
1800	
1830	
2000	
2100	

I was taught a great idea by a famous singer in that she never went to bed at night without filling out her plan for the next day. If there was something in that plan that was not inspiring, she reworded the task, to make it sound inspiring and wonderful. Like take a shower became bask in the inspiration of love... (try it – sleep well)

Gratitude for the Day

What happened good today?	What is the downside of that?	What did I do poorly today?	What is the upside of that?

Gratitude for Someone Else

What is good About them?	What is the absolute opposite quality to what you see good in them?	Where do you have that opposite quality in you ? Everyone has every trait.	How does that opposite quality serve you and can you be thankful for it in you?

Gratitude for what you think is missing

What do you think is missing?	What form has it turned up in? (Nature abhors a vacuum.. So nothing is missing just changes form)	What is good About them?	What is the benefit of the new form?	What is the downside of the old form?

Gratitude form for wise decisions

What Do I like?	What is the opposite to that?	What is the benefit of the opposite?	What is the downside of what I like?

Anti Depression form

What Am I Disappointed About not Getting in the Future?	What did I think I would get/ feel in the future from achieving, having or getting this?	What am I not thankful for right now that is preventing me from feeling those things today?	How can I change my appreciation for life as it is, rather than wait for life to be different in order to be thankful.
			9

Daily Discard Form A

Questions	Responses
1. Positive Emotional Charge? - What do I like about myself or somebody else?	
2. Where do I possess this same trait?	<ul style="list-style-type: none"> Work - Relationship/Family - Money - Mental - Social - Physical - Spiritual -
3. How is this positive trait a drawback to other people?	
4. How is this positive trait a drawback to me?	
5. Where does the person with this trait display the opposite?	
6. Where do I possess the opposite trait?	<ul style="list-style-type: none"> Work - Relationship/Family - Money - Mental - Social - Physical - Spiritual -
7. How is the opposite an advantage to other people?	
8. When I am exhibiting this trait, who is doing the exact opposite	

Daily Discard Form B

Questions	Responses
9. Negative Emotional Charge? - What Don't I like?	
10. Where do I possess this same trait?	<ul style="list-style-type: none"> Work - Relationship/Family - Money - Mental - Social - Physical - Spiritual -
11. How is this negative trait a benefit to other people?	
12. How is this negative trait a benefit to me?	
13. Where does the person with this trait display the opposite?	
14. Where do I possess the opposite trait?	<ul style="list-style-type: none"> Work - Relationship/Family - Money - Mental - Social - Physical - Spiritual -
15. How is the opposite a drawback to other people and myself?	
16. When someone was exhibiting this trait, who was doing the exact opposite at exactly the same moment	

VISION

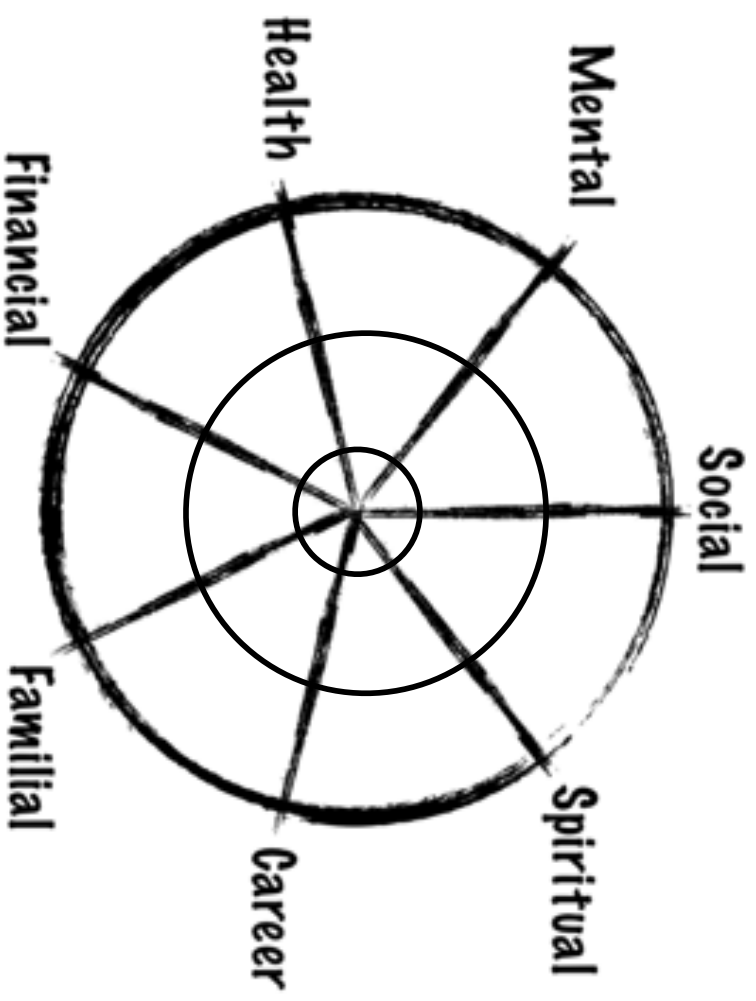


Your Perfect Life

Over the Next	Details
5 Years	
10 Years	
15 Years	
20 Years	
25 Years	
30 Years	
35 Years	
40 Years	
45 Years	
50 Years	
55 Years	
60 Years	
70 Years	
75 Years	
80 Years	
85 Years	
90 Years	

What milestones would you like to nominate that would show you are on track? Be specific with Place and Time.

Visions



Vision

	Career	Health	Love	Wealth	Mind	Spirit	Social
BE							
DO							
HAVE							

GIVE – The Winning Mindset

Gratitude	Inspiration	Vision	Enthusiasm
Thankful in all seven areas of your life.	Linking what you are doing to what you love doing - I.e doing what you love right now?	Having a vision of the future that turns you on.	Enthusiasm is the divine spirit within... Wake it and value it.
Nothing you wish to change in any area of your life.	Intensity in this moment by linking what you are doing right now to what you love doing?	Having seven visions.. One for each area of life. Prioritised.	Enthusiasm is innerwealth... starts internally. Take control of your internal environment?
Nothing or anything needs fixing in someone else.	Forgetting time because you are doing just one thing with 100% focus	Having a plan B	Avoid infatuation - elation and pleasure hunting.. And save time.
Thankful for the stuff that's not going well for you.	Knowing that this very second of time what is the greatest one.	Linking lower visions, to higher visions and values.	Enthusiasm is sometimes an act. Have your character ready.
Acknowledge that when you fix something, something else goes wrong to replace it.	Your whole body and mind and all your senses engaged in this moment	Very long term visions (beyond your life) - medium term visions - the length of your life. Short term visions - next week. Mini	Enthusiasm is contagious -you can tell it in the way you talk, walk, eat, and value people's time. Are you enthusiastic?

Motivating Myself

What I am not enthusiastic about	My Visions / Purpose	How what I am not enthusiastic about is helping me achieve my vision

Back on Track™



Chris Walker®

BACK ON TRACK

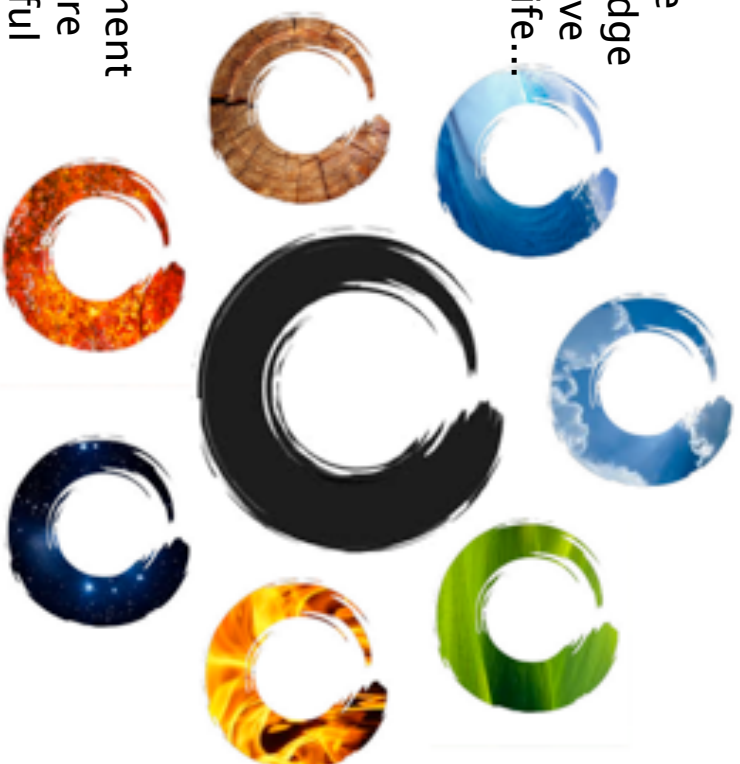
Discard	Unlearning means discarding judgements that once held you in personal conflict with some aspect of life. For example if you have an issue with GMF process it and get over it.
Cellular	Where does the mind begin and the body finish? You never know and therefore if you want to grow and let go, you need exercise, health, water, clean body. Burst training is the key to exercise.
Environment	Dress for success. Dress in a way that actually looks like how you would dress if you were in the future you imagine for yourself. Don't wait for success to come to dress for it. Be it (undies and all)
Mind	If you look the part (environment) then you are wise to be the part. Make sure everything you read and learn fills your mind with wisdom on your chosen subject of mastery otherwise the lights are on and no one is home.
Vision	The Size of your vision determines the size of your life. Keep engaging yourself in a vision of the future that is, even at times hard to imagine, and then chunk those dreams down to months, days, hours and minutes...
Self Talk	Nobody treats you better than you treat yourself and how you treat yourself is usually a long script based on who you were, who you might have been and now what you think. Change it or no change happens.
Action	You have a purpose, a vision and results you want... so now prioritise your actions in life so that the top four will get you what you vision, and what you want and move you toward your purpose.

G.I.V.E

The Winning Mindset

1. Gratitude

The secret to Gratitude is Wisdom and knowledge
Change your perspective and you change your life...



2. Inspiration

This moment in time is the most precious moment it is more valuable, more exciting, more wonderful than the next moment
This is what comes with inspired thinking.

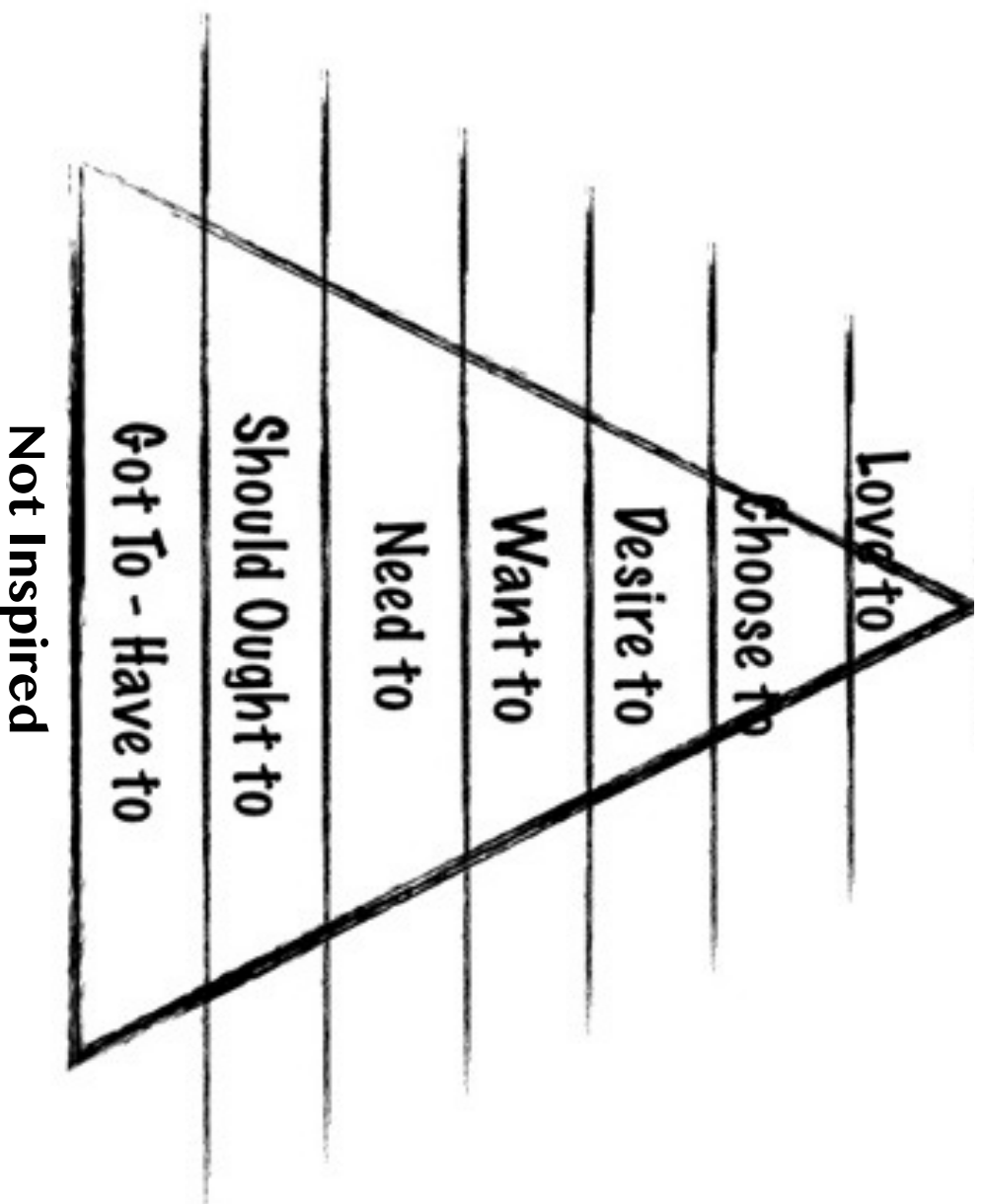
4. Enthusiasm

Energy can be down or up this is based on environments and what we are doing. To take back the power and remain youthfully enthusiastic it is essential to know how to sustain your enthusiasm, even when you feel like giving it up.

3. Vision

The power of a vision, and the work involved in sustaining it, growing it, developing it, and sharing it is the most important key to true happiness and success.

Inspired





i open hearts

CHRIS WALKER



Email Chris Here

chriswalker.com.au