

Truths About Vision

1. Your vision transcends your health; it encompasses all areas of your life.

As Weight Loss, God's Way Principle 3 states, "good health involves a combination of healing your body, soul, and spirit" (1 Thess. 5:23), so it would only make sense that your vision must also encompass your body, soul, and spirit. When you create your vision, know that it will not only be about your health or weight, it will encompass all other aspects of your life. As you write out your vision you will check it against five other pillars of your health.

2. Your vision is given by God.

It's God who gives us vision. When left on our own we create unrealistic dreams that always end in disappointment; we let our egos make decisions for us that leave us unfulfilled, and we let our fears drive our passions and desires which leave us feeling beat up and broken. When we create a vision that is not God-led, we see temporary progress that quickly fizzles out and leaves us spinning our wheels. As you spend time with God, He will show you a beautiful picture of how you were designed to live. You are healthy by design!

3. Your vision is the convergence of hindsight, insight, and foresight.

Sadly, many of us are afraid to paint these pictures in our minds eye because we've been burned so many times that we're afraid to dream again. The thought of wanting something and not being able to achieve it is just too painful to fathom so you've buried your dreams. Understand that your vision gives insight into your past hurts and disappointments so that you can create a healthy vision for your future—one that is inspired by God.

4. Your vision is a bridge between your current circumstances and your future reality.

It may seem like a long way between where you are right now and where you want to be. But God already knows that. He created you in His image. Unfortunately, somewhere along the line, you fell out of alignment with who God created you to be. As you grab hold of the vision, you will begin to look beyond your current circumstances and start believing that you can be all who God says you are.

5. Your vision transcends your current state.

You know the familiar feeling of creating a plan for yourself only to quickly lose steam. That's because it's always based on your limited ability to conceive God's master plan. Without the Holy Spirit's interceding, you cannot dream any bigger than your imagination will allow. Your imagination is limited by your fears and limiting beliefs. It's

almost impossible to plan for that which we don't expect to become reality— that's called cognitive dissonance. It when the brain tries to reconcile two opposing beliefs.

6. Your vision is built on reality.

Don't get vision confused with whimsical, wishing, wanting, or hoping life were different. You've been there and done that for too long and it only leaves you feeling guilty and frustrated.

7. Your vision makes you uniquely you.

Your vision will be like no one else's. It will include how God has been speaking to you over the years. It will consider your values, your personality, your giftings, your passions, and desires. For this reason, you can't copy anyone else's. It may work for a while, but you will always come back to your true self.

8. Your vision will impact generations to come.

When you can think beyond yourself and your immediate dissatisfaction and think about people in your circle of influence—your children and grandchildren, then you will realize just what a big deal having a vision is. You may have experienced the principle negatively as you may have inherited high blood pressure or diabetes from your parents, but you have a unique opportunity to pass on a healthier vision to the next generation. It can begin with you. You have created a new legacy.

9. Your vision will take you out of your comfort zone.

Sadly, many people will go quietly to their graves without ever realizing God's best for them. Why? Because stepping out of our comfort zone is risky. "What if it doesn't work?" "What if I fail?"

Let's face it, if fulfilling your God-given vision for your life was easy, then difficult things would be a daily habit for us each day; the fitness industry would not be a billion-dollar industry, and our medical bills would be a lot lower. Success at anything takes hard work, discipline, consistency, and determination. We owe it to ourselves to stay the course and live the healthy life that we were designed to live. Stepping out of your comfort zone also requires more effort, which when we're honest with ourselves, we're not prepared to do. Lastly, stepping out of your comfort zone will require you to give up control of what you're currently doing and trust God to show you His way. It's impossible to operate in your calling and be comfortable, but I promise you, it's worth it—you're worth it.

10. Your vision must be based on trusting God's Word.

Without trusting God, you're just writing down some hopeful wants, and desires will not bring it to pass. In Habakkuk 2, God told Habakkuk that the vision would come to pass and he believed God. God says, "The righteous will live by faith" (Habakkuk 2:2-4). Faith is *what* you believe.

How do you write your God-inspired vision?

Now that you understand the truth about vision, it's time to create one for your life with a specific emphasis on your health.

Step 1. Ask God to help you create a vision for your health.

Step 2. Use the following questions to help you generate a vision:

- What has God been telling me about my health in the past?
- When I think about being healthy, what images come to mind?
- What would I be doing more of? What would I be doing less of?
- How would I glorify God with my body?
- What activities am I doing each day to live a healthy life?
- How is my life different from the life I'm currently living?
- How will other areas of my life be impacted when I'm living healthier? My relationships? My family? My ministry?

Step 3. Visualize one day when you're at your healthy weight. What does that day look like? Go through an entire day from the moment you wake up. What are you doing? Who are you with? How are you feeling?

Step 4. Begin to receive it each day, or as often as possible.

Tips for Writing Your Health Vision

There's a saying in the psychology world that says, "What you focus on expands." It means the more focus, effort, and attention you give to something, the greater it will become in your life. This is a great principle if you are focusing on the right things. However, if you're focused the wrong things, then you're also bringing more of those wrong things into your life. Every time you say the word _____ your brain searches its memory bank to find an association to that word in your past and it makes that association. Depending on your experience with that memory, it will either be positive or negative.

1. Start with your 'why'.

If your why included your family or your ministry, then be sure to include it in your vision.

2. Engage as many of your senses as possible.

Write about the smell of your morning coffee, the fresh flowers on the table, or the sea air. Write about the feeling of a breeze against your face as you walk or the feeling of crossing the finish line at the end of a race. Write about the taste of your favorite foods or about as many of your loves ones as possible.

As you think about your future, what activities are you doing with your family or your loved ones. How are they benefitting from your renewed vitality? Be sure to include them in your vision. Remember, this vision will impact others in your circle of influence. Are you walking with your family? Are you preparing a healthy meal together? Are you vacationing somewhere?

3. Be sure that God is included in your vision.

If you've sought God prior to writing your vision, then he probably has revealed some things to you. Be sure to include them in your vision if applicable.

4. State your vision in the present

"I wake up in the morning." I go for a walk". Do not use statements like: "I will", "I would be", "I hope", "I want to", or "I will no longer be lazy."

5. State everything in the positive tense and avoid all negative words and phrases.

Instead of saying: "I will be pain free", say "My body moves with ease", or "I feel energized." Instead of saying: "I will no longer obsess about my weight", say "I focus on what really matters", or "I enjoy the freedom of being at a healthy weight." Instead of saying: "I will be less self-conscious", say "I love the confidence I experience knowing that the Lord is my strength." Remember, what you focus on expands.

6. Don't be afraid to dream.

I've heard so many women say that they're afraid to see God because they're afraid that he's going to tell them to do something they don't want to do. My sister, trust and believe that God is not going to lead you somewhere without preparing you first. He's not going to send you out to a mission field in the jungles of Africa if you pass out at the site of a bug. And He's not going to tell you to become a vegetarian if you live on a farm and raise livestock for a living. Before God can entrust you with a vision, you must get clear on where you are right now and where God is leading you—which is different from where you think God is leading you or where you want to go.

7. Don't make it a list of what you will and will not do. Focus on the things that bring you joy.

I've seen women write visions that look like a daily to-do list. I will exercise, I will not eat junk food, I will pray. How boring! Your vision brings out God's best for you so envision the things that bring you joy and put a smile on your face.

8. Incorporate all aspects of your life.

Although it is a health vision, your vision incorporates all aspects of your life so be sure to include them all. Select a day that will incorporate as many different aspects of your day as possible. It could be a day on vacation, on the weekend, time with your family or friends, or operating in your giftings. Maybe you're speaking to thousands of women, operating your business, caring for your children, signing books, or serving in the mission field. Include the things that God has put on your heart to do.