

## **8. Your Vision Statement**

### Trust yourself

As with the previous two critical steps you are going to find that writing a Vision Statement is both fundamental and easy. Just writing a few words to start off with is all that's needed. However, why should you choose to write anything? Having accepted that you can use the content of your character and conscience as a foundation for the promotion of your self-confidence, why not just determine to maintain positive thoughts in the future? Firstly, your Vision Statement will make the contents of your conscience and character tangible. If you can see and touch them, then they're harder to ignore. Secondly, because it is tangible, your Vision Statement maintains flexibility and can therefore be adjusted as your life and priorities alter. Thirdly, it demonstrates to yourself that you have accepted the important process of introspection — that you were prepared to look closely at your unique inner-self.

The pain or joy, the abuse or support, the successes or failures of your life to date will determine what you write and how much you write. You will find it easy to write a lot and you will move down the path quickly if you have had support, success, joy and encouragement throughout your life. Your inner voice may say very little and it may speak quietly if you have had a life of abuse, rejection and failure. You may even feel that you have reason to mistrust your own inner voice if the pain of your life is great.

However, if you listen deeply and carefully, no matter what the world has done to you, it's the clear, pure voice of right, reason and conscience, that will still whisper truth and principles that are self evident in their clarity to provide you with your own philosophy of life. If life has been painful you must go slowly, because in your excitement you could hear the voices of others that may wish to take advantage. You may still be vulnerable. You must insist on your own judgement of right and wrong. Don't let what another person says or does affect you to the degree that they're influencing what your conscience is telling you. They're

wrong, you're right. Your conscience won't let you down and will always put you on the right path.

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*Those who believe that they are exclusively in the right are generally those who achieve something.*

Aldous Huxley (1894-1964).

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What you're going to write down, coming from your conscience, are principles that you can live by in small doses. These are not only words that you are familiar with, but they are principles that you know can be put to use by you in a description, which will reflect the most ethical path for your future direction. This is not goal setting. It is too soon for that. Your Vision Statement will be comprised of principles from your individual character. It's important to be very clear about the words you're going to use here and what they mean.

Principles are not values. The Macquarie Dictionary defines *values* as "the things of social life (ideals, customs, institutions etc.) towards which the people or group have an affective regard". The Collins Dictionary defines *values* as "accepted standards of a person or group". Values are measurable and can vary according to different groups or circumstances. Values are important because they measure the depth of commitment that each individual of a given society places on the groups' customs and conventions.

On the other hand principles are unmovable, fundamental foundations. Apart from the Collins and Oxford Dictionary descriptions given in the third chapter, the Macquarie Dictionary defines *principles* as "a fundamental primary or general truth on which other truths depend. A fundamental doctrine or tenet. Rules of conduct. A determining characteristic of something; essential quality of character".

There can be no doubt about the significance of the words you're looking for as principles. Principles are words like honest, integrity, fair, conviction, belief, open, sincere, considerate, humble and compassionate. They include the three pillars of self-confidence; *trust, respect* and *reliance*. You can use the words alone, or you can put them into brief descriptive sentences, which epitomise how you would ideally live your life.

Remember, writing a Vision Statement is most certainly not writing a goal plan. *Chapter Twelve* will later reveal the difference and also show how these principles can be used to create goal plans. What you are looking for in this section are the principles of life that don't change no matter who you are, no matter what religion you support, no matter what your ethnicity, and no matter what your life experiences have been to date. Those principles will be the guiding light along your path to the self-development that will provide the foundation for your achievements and self-confidence.

Putting those words together in a format can be given many names. Some call it an Epilogue, a Mission Statement, a Creed or a Resolution. It doesn't matter what you choose to call it, as long as it does the job and you're comfortable with it. The recommendation here is to call it a Vision Statement because it is intended to reflect a vision of your future, and a vision of the person you will become because of it. Before reaching the conclusion of this chapter, you will see some examples of other people's Vision Statements that they have provided for your reference.

The principles that govern the world form the character of its inhabitants, and it is the content of a person's character that determines the quality of a person's vision for their future. You will identify which real principles are relevant to you by listening carefully to your inner voice. You can then take those fundamental truths and apply them universally to your daily life.

However it is imperative that you know, like, respect, and value your own integrity above all else, therefore you must apply the principles to yourself first.

Before you learn of the support processes of choices, explained later in *Chapter Ten*, you are aware that you have choices in everything that you do, and you're also aware of your ability to respond to situations as they arise. You now know that you can choose to take the action required for the future enhancement of your self-confidence, based on the character ethic of your own conscience.

### Be nice to yourself first

It's not what happens to you, but how you respond to what happens, that determines your future. Remember that taking responsibility is about appropriate responses and not about reaction. It will be your Vision Statement that reminds you that you have choices so that you can make the most appropriate responses to circumstances as they arise. Having recognised and accepted your own distinctiveness you are in the position of being able to decide that there are principles that you want to choose to govern your future. Therefore, having accepted that there are principles that should determine your future you must make the first choices about your Vision Statement reflect how you will choose to treat yourself.

You should be aware that how you decide to treat yourself will ultimately determine how others will decide to treat you as well. That is why you must have something in your statement whereby you are choosing to be kind to yourself. You may start with something like "I choose to respect my own judgement". Nothing more than that for a week or more. But remember, whatever you write must be of your own choosing. You may choose to use, or be influenced by, the specific words that you read in this format or the upcoming Vision Statements. That is acceptable if and when your heart and conscience says that they are the right words for you. Whatever principles you use will always remain your choice.

The whole purpose of this program to unfaltering self-confidence is for you to accept and trust in your own individuality, your uniqueness, and to give you the guidance to find and use the truth within yourself. Don't forget that Living With Self-Confidence encourages you to live life to the full, enhancing your confidence through you own natural processes. Your Vision Statement has to be brief if you have had a lifetime of disappointment and your level of self-assurance and personal success has been heavily eroded.

### Act carefully and honestly

Don't keep the truth from yourself about how simple your Vision Statement should be to start with. Only you can determine how much real work you need or want to do on the initial preparation for the security of your confidence. You must be committed to honesty from within. Even if your work situation places you in a very senior position, your convictions may not automatically transfer to the writing of a Vision Statement with clear principles. You are going to see real life examples in the eleventh chapter comparing the use of confidence and arrogance in leaders. Having achieved status or position has no bearing on your own self-worth, your ability to deal with your subordinates, the pressures of your position or your preparedness to be ethical with yourself. You only need to keep in mind that what you will write as the inception of your Vision Statement is very private for now, then you will understand that you don't need to impress anyone with it. You only need to be true to yourself.

The smaller and easier that your Vision Statement is at its inception, the more quickly you will accept and utilise it. Your Vision Statement must not present a threat to your confidence nor to your ability to follow it faithfully. The most important feature of your Vision Statement will always be its quality, not its quantity. Quality is assured when you can see a *principle* written in every sentence of your Vision Statement. Look within your heart and come up with ideals to which you feel certain you can adhere.

Think for a moment about your remarkable distinctiveness and your willingness to accept yourself as a friend that can be trusted and who won't let you down. Suddenly, writing a Vision Statement for yourself should now be easier having gotten this far through these pages, assuming you have chosen not only to acknowledge your originality, but also to appreciate and respect that individuality. You have seen reasons why your own value of yourself is important, not only to you, but to all others as well. Later, in the tenth chapter, you will have reinforced any current suspicions you may have of how the world often works to deplete your level of self-assurance. The critical step you're now taking will prevent any erosion of your certainty in the future. You're creating a barrier against doubt and uncertainty.

You know that everyone else is waiting for you to choose to make the responsible choices about yourself because everyone else needs to share the distinct character of your inner perfection with you. That need for everyone else to share in your uniqueness and accomplishments was established in *Chapter Five*. Once you have made the choice to identify the principles you can adhere to, starting to put them on paper becomes easy and enjoyable.

It is possible, and many people find it not too difficult, to write their Vision Statement in just one sitting. Remember that if you find it easier to progress gradually, then you only need to write down a few of the principles that you can aspire to for yourself, over the next few days. Start, but move slowly. Once again congratulate yourself on acknowledging the principles that you know are going to be used to govern most of your responses and actions in the future.

You should now be able to see a pattern of how the first three critical steps to attain and maintain your self-confidence flow into, and support, each other. Acknowledgment and acceptance of your originality made you feel good, and celebration of that feeling, which is an achievement, has put value in that recognition as well as in yourself. Having identified and appreciated your individuality makes it easier to determine that there are actually principles of

life that are reflected in your character. That makes it easier to choose which of them can be used to govern your future actions and responses.

Remember that you're not just taking the time to write a few words just for the sake of listing principles. It is because of your recognition and embracing of your own distinctiveness that you have been able to now see that you can have a Vision Statement that is exclusive to your own individual heart and conscience. Take the time now to read some of the Vision Statements provided by other people and then take the time to write something that you will identify to be of personal value for yourself.

### Vision Statement

I will be optimistic

I will respect myself, my judgement and others.

I will live with integrity.

I will maintain control.

I will be tolerant of others without compromising my other principles.

D.O.

### Vision Statement

I will stand by my principles

I will trust my intuition

I will always love and support my family

I will always keep a sense of humour

N.M.

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### Mission Statement

I will challenge myself to work to my fullest capacity

I will be accountable for my mistakes and learn from them

I will step outside my boundary once a day to say or do something that I would not normally do.

I will remember to stop, revive, survive.

W.N.

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### Vision Statement

Acknowledge positive thoughts, believe in and trust in my own judgement without judging others.

Humour my principles, responsibilities and relationships

Listen to and Love my children for who they are now.

Identify and let go of emotional and physical 'baggage' in my life.

Live in the 'now' and Love myself.

D.P.H.

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## My Vision Statement

Each and every day I will:

- \* Trust in, have respect for, and rely on my judgement
- \* Recognise that I am unique, and therefore remarkable
- \* Celebrate my achievements, no matter how big or small
- \* Not let myself be bound by others' ideals of success
- \* Be content with who and where I am
- \* Welcome the opportunity to learn, grow and smile
- \* Have empathy, kindness, strength, tolerance and gratitude
- \* Be a little light-hearted

*Take time to explore the places*

*That you might otherwise have missed*

*In your urgency to arrive*

*At 'Happiness'*

M.C.

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Vision Statement

I will respect my own judgement

I will be honest with myself and others

I will not fear other people's thoughts

D.W.

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Vision Statement.

I will respect my own judgement

I will treat myself and others with consideration

I will be honest to myself and others

I will respect my children's views

R.S.

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## Vision Statement

Be The Best You Can Be

Start each day by saying...

Listen, Respect and Trust my own judgement!

I am my best friend and my children's best friend!

I express gratitude for all the blessings in my life!

I recognise that I am and we all are unique!

I treat myself and others with respect!

I wholeheartedly celebrate my achievements and those of others!

I never betray trust when given!

I am understanding of other peoples behaviours!

I compliment myself and others!

I learn from my mistakes!

I care for my body and my mind!

I communicate freely and honestly from my heart!

I have faith and trust in the universe and know that everything is as it should be for now!

I learn, learn, learn, by listening!

I am proactive (not reactive)!

C.B.

## Mission Statement

I will treat myself and others with consideration.

I will remain confident and humble in dealing with my peers.

I will give unquestioned love to my family without expectations.

M.N.

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## VALUES STATEMENT

### Values

I will be RESPONSIBLE for all my decisions and my actions

I will act to deliver a FAIR outcome

When interacting with people I will have a CARING attitude

I will RESPECT everyone's right to have their own principles, views and perspectives

### Goals

Maintain quality contact with FAMILY & FRIENDS

Provide a POSITIVE EXPERIENCE with everyone that I come in contact with

ENERGETICALLY manage all communications and issues in a timely manner

Make the hard calls and have the hard discussions FIRST

EXERCISE daily

ONLY do \$ productive tasks

PRACTICE PRACTICE PRACTICE

R.B.

## VISION STATEMENT

Start your day by saying out loud:

I will correct yesterday's mistakes.

I will respect all the characteristics of my uniqueness.

Trust your conscience in all matters of honesty,  
tolerance and consideration.

Face disappointment from others without judgement.

Nurture relationships. They are your only treasure.

Embrace rejection and failure. They are your  
stepping-stones to future success.

Accept responsibility without taking life too seriously.

Celebrate your achievements and those of others.

Exercise your curiosity, your body and your mind.

Listen with humility to the concerns of others.

Their time and space is equally important to your own.

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Finish your day by asking yourself:

Have you been faithful to your statement?

If you have, sleep well.

If you haven't, sleep well, with the knowledge that you will correct it tomorrow.

T.R.

## VISION STATEMENT

I will respect my own judgement, but I'll also test my work by inviting the judgement of others.

I will trust my imagination and record its gifts: then I will work honestly to express its products, always dedicating myself to art rather than argument.

I will consistently offer my work to be published without bashfulness, sloth or false pride.

I will explore gratefully the work of other writers, and try to serve the writers in my local community.

I will pay grateful attention to the natural, more-than-human world around me.

I will love, support and celebrate my wife, her work and our house and life together.

I will love, support and celebrate my children and the rest of our families, but I will not reject the stranger.

I will advocate, act for and respect the downtrodden and the alienated, and speak without fear to the powerful and the influential.

I will pay attention to other people's lives and faiths, respecting human difference, without doctrinaire intolerance or any pious search for certitude.

N.C.T.

### Linking the steps to your Self-confidence

The beauty of your Vision Statement is that it is not intangible like the recognition and admiration for your distinctiveness. Your Vision Statement is not just a thought that cannot be touched for support as needed. Your Vision Statement is a tangible object that you can hold, read, carry with you and use for reinforcement. You may actually feel the power of your Vision Statement while it is in your hand or while you are reading it.

By itself, a Vision Statement has no value if you have not firstly acknowledged the very remarkable, incomparable person that you are. A Vision Statement has no value if you do not hold your originality in high regard because, unless you have willingly accepted yourself as a friend, and have trust and conviction in that remarkable person that you are, the words of your Statement may merely be empty promises. A Vision Statement has no value if you are not celebrating your achievements because you will lack the certainty to find and use the true principles of your character that gives your Statement the integrity it deserves. Your Vision Statement will grow over time as your assertiveness grows and your desire to accomplish returns, or is enhanced. You will then find that you are making even better choices today than those that you made yesterday.

You may recall in *Chapter Four* that you were told you would not necessarily achieve the embracing of your uniqueness until you had completed part of the third critical step. That time has come. By now you should have the confidence to accept and appreciate your individuality for itself alone. Provided that you have found the ability to put together principles that define the essence of your originality, then it stands to reason that you can now value your distinctiveness without making comparisons of others, or of any personality qualities that define your character. Accepting yourself as a trusted friend because of your remarkable unmatched self alone is a most wonderful achievement, and that needs to be glorified enthusiastically. Having written the principles of your Vision Statement down, be prepared to fold it up, put it in your pocket or purse, and carry it with you wherever you go.

One small step at a time. The secret of being able to take each step is twofold. You must make the steps small and you must celebrate the steps as you attain them. When you take that first step of writing your Statement down, you're also aware that there is a price to pay for everything that you do. The price to be paid here is not just in time and effort. The other price is in being introspective.

How life has treated you probably determines how you have ultimately treated not only yourself but others as well. Accepting that probability can sometimes be a painful realisation of your past conduct. That's why you are advised to look deeply within yourself and move slowly, so that you can accept the fear of what you might see. Be prepared to pay the price for the first smallest steps and the next steps become easier. Move slowly so that you don't pay too big a price, and you'll be able to maintain your enthusiasm. You will succeed, not because of your ability being more or less than anyone else's, but because you were prepared to make the effort and sacrifice of a little time and a little effort within the important exercise of introspection.

### Celebration of your Vision Statement

The next step as part of that written commitment to your principles is to celebrate the content of your Vision Statement a dozen times a day. Provided that you are starting from one small step, you must still acclaim every time that you recognise you have fulfilled that commitment you made to yourself, every single time that you complete it during the day.

What does that really mean in practice? Perhaps you can recall the suggestion that was given to you earlier as an example of a starting point, whereby you were choosing to be kind to yourself first, which stated, *I choose to respect my own judgement*. Now if you go back and look at some of the Vision Statements listed, you will see that choosing to *respect your own judgement* on its own can appear to be a very short, straight-to-the-point option for guidance. However, it was chosen as an example for someone whose self-esteem may be at a low point and who wants something easy as a starting reference for themselves for their future.

The important guiding principle in "respect your own judgement" is *respect*. You know that because of their fundamental nature principles can't be applied selectively. You can't be honest sometimes and not at other times. If so, you're dishonest. You can't have integrity sometimes and not at other times. If so, you lack integrity. You can't have tolerance

sometimes and not at other times. If so, you're intolerant. Moreover, you can't respect your judgement sometimes and not respect your judgement at other times. If so, you are being disrespectful to yourself. You are aware, from what you have learnt through this process, that being disrespectful to yourself will eventually destroy your self-confidence.

That simple example is given to show how, from the most humble of beginnings, a person can be giving themselves the essential support for their self-belief. Respecting your own judgement can be a small but powerful step. You have a responsibility to yourself to praise your smallest and your most dramatic conquests. Respecting your own judgement therefore requires you to praise all of your choices.

You may have chosen to wake early enough to hear the overnight news. You may have chosen to have a substantial or healthy breakfast. You may have chosen particular clothes to wear to work. You may have made choices about your children's clothes this morning. Your Vision Statement requires you to respect your own judgement and therefore you should congratulate yourself for those choices. Your acclamation to yourself for your choices will enhance your self-belief at the start of the day. You will then see that your choices have become triumphs. Your self-image is being enhanced because you are actually fulfilling the requirements of the second critical step to your self-confidence. You are celebrating your achievements.

All day you can choose to compliment yourself on the obvious results of your choices, as they have become your victories. That is respecting your own judgement in practice.

The purpose of your Vision Statement is to help you see what is most important to you. Its purpose is to reacquaint you with your inner self, to get you to start listening once again to your conscience, to purify your original desire for accomplishments and self-reliance, and to prepare you for the goals that will change your life. Your Vision Statement, because it is written using principles from within your conscience, links you intrinsically to the *Cycle of*

**Confidence.** While it is with you, your Vision Statement is a tangible barrier to self-doubt and uncertainty in your decisions and actions.

### Summary

- a) Trust your own judgement in writing your Vision Statement.
- b) Ensure your Statement is written containing *principles*.
- c) Your Statement should commence with how you will choose to treat yourself.
- d) Make your Vision Statement brief to start with so that it is easy to adhere to.
- e) Having written your initial Statement you must carry it with you for reinforcement.
- f) Irrespective of any previous reservations you must acknowledge acceptance of the first critical step; to recognise and, most importantly, to embrace your uniqueness.
- g) Adhering to your Vision Statement creates thoughts that become actions. Celebrate those actions as achievements.

You may have noticed that the undisputed benefit of the process of personal growth that you have been learning about is ongoing, unlimited reserves of self-assurance. However that assertiveness should not be seen as an end goal for its own purposes. As valuable and essential as self-esteem will always be, you will be shown in the next and eleventh chapter that certainty, without self-assessment and character development, can turn out to be an insignificant commodity.

The next chapter will also fulfil the commitment given at the start of the book on providing self-confidence without arrogance or vanity.