

Visualize Your Career Goals for Rockin' Results



Former Client Vision Board

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“Goals are a means to an end, not the ultimate purpose of our lives. They are a tool to concentrate our focus and move us in a direction. The only reason we really pursue goals is to cause ourselves to expand and grow. Achieving goals by themselves will never make us happy in the long term; it's who you become, as you overcome the obstacles necessary to achieve your goals, that can give you the deepest and most long-lasting sense of fulfillment.”

~Tony Robbins

We all have good intentions when we set our goals. We want to achieve them...but what happens? What causes us to fall off the wagon? It can be several factors: sometimes the novelty wears off, sometimes we're over-zealous in setting our career goals and set them too high, and sometimes we act like it's our sole purpose in life to get things on our to do list checked off. It feels good to check things off!

However, when we focus so much on just getting things checked off, we forget to enjoy the journey along the way or the reason why we set a particular goal in the first place. While forward movement is great, we also need to attend to our life balance and enjoying the process of achieving our goals, not just the results.

One way I set and achieve my career goals is by visualizing exactly what I want and then creating a Vision Board. It helps me stay focused and thinking positively about each goal.

You can do the same thing. **Here's a quick overview of how to create your own Vision Board:**

1. Make a list of the top 10 things you want to have or create in your life. They can be anything – tangible or intangible - like a trip to Macchu Pichu, someone to help you market your business, or a certain amount of money you want to have to give away to charity.
2. Get a posterboard or a large sheet of paper.



3. Cut out or draw pictures of the top 10 things that you want and place them on your vision board. The order or placement is completely up to you.
4. Place your Vision Board somewhere you will see it every day. Your end result should be something that when you look at it, you know clearly what you're going for and you get excited about the possibility of having it.

My Vision Board is hanging up in my office where I can see it every day. Having my Vision Board front and center keeps me focused on my career goals and priorities.

Here's a picture of one of my vision boards:



The example on the cover page is from a former client. If you need some ideas, type in vision board examples into a Google Image search.

Visioning is a fabulous way to help you achieve your goals.

But some people think that the movie *The Secret* and other mediums that promote the Law of Attraction don't tell the full story. So let's de-bunk the myth. Developing a vision for your life and career path, and imagining your career goals is a key component to enable you to achieve them.

But you can't just sit on your couch and expect things to happen because you're picturing them. My coaching teleclass leader Michael put it perfectly, "action is part of the word 'attraction.'"

Nothing's possible without taking action. You have to get off the couch to make things happen, they aren't going to just appear.

The key is to take inspired action, meaning action that feels good to you and just seems like the right thing to do in the moment. The way I can tell if I'm taking inspired action is if I feel like I'm in the flow and things are just clicking.

There is an important distinction between visioning and goal-setting. Here's the difference...

Visioning:

Visioning is pure dreaming. It's allowing yourself to look at your life from a big picture perspective, asking "What do I want to have in my life in the future? Who do I want to be? What people do I want to have around me?" This goes for anything - from tangible things you may want like a boat or a trip to Bali, to less tangible things like help with your business or to serve on the board of a nonprofit you are passionate about. If it's something you want and it gets you jazzed, it should be part of your vision. Visioning is playful and inspiring.

To create your vision:

- Give yourself lots of mental space to picture what you want in your life
- Think out of the box
- Have fun with it. Imagine it as vividly as you possibly can, down to how it will feel to have these things.

Two important points - visions **don't have time frames** and you **don't worry about how you are going to achieve them**. You just picture them, period. Visioning is a helpful tool because it not only provides clarity about what you want, but it also gets you "in the flow" - excited and motivated to work towards these things.

Goal setting:



Setting career goals is the down to earth, nuts and bolts planning. It's identifying what you want to achieve this week, this month or this year. **Career goals have a specific time frame, action steps to achieving them**, and they include the "how" - how you are going to achieve them.

To develop your goals, you need to make sure they are specific, measurable, tangible, realistic and a challenge for you. They must have a deadline.

While you can use your Vision Board to identify what your career goals are, visioning is nothing without action.

You have to take action, in the form of setting goals, to achieve what is on your Vision Board.

Enjoying the process of working towards a goal, and celebrating your successes along the way makes achieving a goal more fulfilling. Otherwise, your career goals can feel like empty accomplishments.

To achieve your career goals I suggest using both visioning and goal setting together. If you need help with goal setting, [contact me](#) for a complimentary consultation.

Additional Support: Your Job As Your Best Asset: 6 Ways to Nurture & Protect Your Career

If you are looking for ways to stay competitive in the job market and need to amp up your work performance, then this program is for you!! You will discover six tangible, specific, practical ways to effectively nurture and protect your career.

Read more about this program here:

<http://www.halliecrawford.com/yourjobasyourbestasset.html>



About Hallie Crawford



Hallie Crawford is the kind of career coach you want by your side if you are serious about making your dream career a reality. Her flexible, dynamic coaching style is rare. She offers clients a true partnership and she is 100% invested in helping them discover their own rewarding career paths.

She knows firsthand the challenges that arise for career seekers, and she has developed practical solutions to make the process successful. She and her team of career coaches have helped clients of all ages, nationwide, to live a purpose-driven life, identify their ideal career paths, navigate their transitions, and nurture their careers.

Hallie's secret lies in empowering people to change the way they feel about work. You can depend on her to be there for you with both empathy and razor-sharp skills. As clients go through their transitions, it's not unusual for a client to report, "When I bump up against a challenge, I just ask myself, 'What would Hallie say?'"

Hallie Crawford is a speaker, author, and certified coach with undergraduate and graduate degrees in Communications from Vanderbilt University and the University of Illinois at Chicago. She is a member of the International Coach Federation, serves on the Board of the Georgia Coach Association and is regularly featured as a career expert in the media including CNN, Fox Business News, the *Wall Street Journal*, *Forbes.com*, *Yahoo HotJobs*, and *Entrepreneur Magazine*. Hallie lives in Atlanta with her husband Frank, and her son Vaughn.

To sign up for her free monthly email newsletter, *Create Your Career Path*, full of tips and tools for your career transition, visit: www.halliecrawford.com.

[Contact Hallie and her team of coaches](#) for a complimentary consultation to find out working with a career coach is the right investment for you to make at this time.

[Visit her online store](#) for tools to help you improve your work performance

Here's to having a career you love!

A handwritten signature in blue ink that reads "Hallie Crawford". The signature is fluid and cursive, with a large initial "H" and "C".

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