

Presented by BU Happiness College

Forging a Resilient Vision

www.buhappinesscollege.com





"Your vision is the promise of what
you shall one day be"
- **James Allen**

Setting Your Vision

Why is it important?



What are the ingredients?



What resilient vision makes sense to you?





Enabling Your Vision

Think forward 10 to 20 years...

What's life like in this future setting?



What kind of person are you?



What would you like to have achieved by then to be proud of yourself?



Future Traits

Accurate	Disciplined	Independent	Rational
Active	Earnest	Influential	Reasonable
Adventurous	Easy-going	Interesting	Relaxed
Ambitious	Educated	Inventive	Reliable
Appreciative	Efficient	Kind	Resilient
Artistic	Energetic	Level-headed	Resourceful
Calm	Enterprising	Likeable	Respectable
Capable	Entertaining	Logical	Respectful
Cheerful	Enthusiastic	Loyal	Responsible
Clear-Headed	Fearless	Mature	Self-reliant
Clever	Forgiving	Meditative	Sensible
Competent	Friendly	Objective	Sincere
Composed	Generous	Observant	Skillful
Confident	Gentle	Open-minded	Social
Conscientious	Good-humoured	Patient	Systematic
Considerate	Good-natured	Perceptive	Tactful
Constructive	Graceful	Persuasive	Thoughtful
Convincing	Gracious	Philosophical	Tolerant
Cool-headed	Grateful	Poised	Trusting
Cooperative	Happy	Practical	Trustworthy
Courageous	Helpful	Precise	Understanding
Courteous	Honest	Productive	Unselfish
Creative	Honourable	Progressive	Versatile
Decisive	Hopeful	Punctual	Warm
Dependable	Humble	Purposeful	Well-spoken
Diligent	Imaginative	Quick	Wise



My top five traits are:



Making it a Reality



I am...

Five horizontal grey bars for writing.



Order of priority

Five horizontal grey bars for writing.

A close-up photograph of a person's hands holding a pen and writing in a spiral notebook. The person is wearing a dark-colored shirt. The background is softly blurred, showing what appears to be a window with light-colored curtains.

Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...