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 Active Adventurous Ambitious Appreciative Artistic Calm Capable Cheerful Clear-Headed Clever Competent Composed Confident Conscientious Considerate Constructive Convincing Cool-headed Cooperative Courageous Courteous Creative Decisive Dependable Diligent

Disciplined Earnest Easy-going Educated Efficient Energetic Enterprising Entertaining **Enthusiastic** Fearless Forgiving Friendly Generous Gentle Good-humoured Good-natured Graceful Gracious Grateful Happy Helpful Honest Honourable Hopeful Humble Imaginative

Independent Influential Interesting Inventive Kind Level-headed Likeable Logical Loyal Mature Meditative Objective Observant **Open-minded** Patient Perceptive Persuasive Philosophical Poised Practical Precise Productive Progressive **Punctual** Purposeful Quick

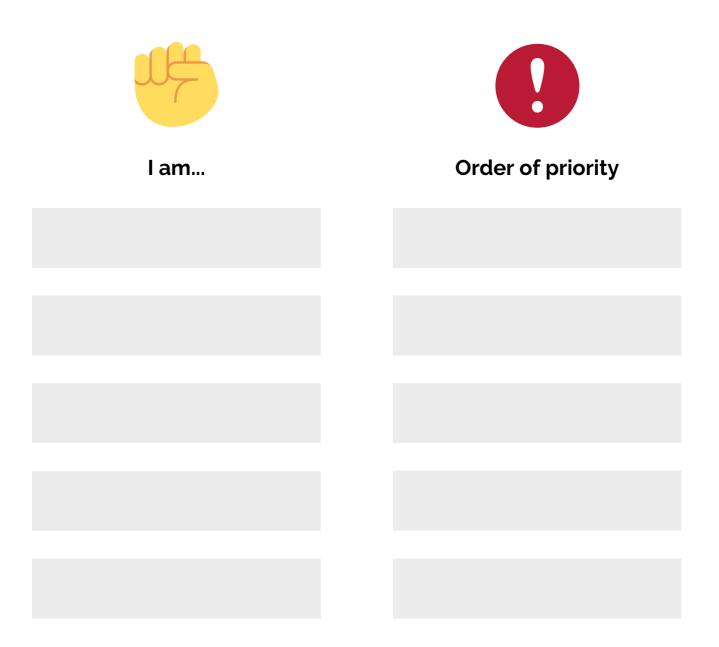
Rational Reasonable Relaxed Reliable Resilient Resourceful Respectable Respectful Responsible Self-reliant Sensible Sincere Skillful Social Systematic Tactful Thoughtful Tolerant Trusting Trustworthy Understanding Unselfish Versatile Warm Well-spoken Wise



My top five traits are:



Making it a Reality



Key Takeaways

Takeaway I...

Takeaway 2...

Takeaway 3...