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1. QUICK TAKE: Forget Balance—Integrate!

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• PLEASE CALL OR E-MAIL ME FOR MORE INFORMATION OR FOR YOUR NO-CHARGE 30 MINUTE CONSULTATION..

SPEECHES and TALKS: I am available to do keynotes, seminars, or workshops. Please call 250-537-1177 or e-mail [belkin@saltspring.com](mailto:belkin@saltspring.com)

#### 4. VISION IN THE CREATIVE PROCESS

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The place to start *creating* an integrated life is at the *end*, with a clear, compelling vision of a result you want to create.

However knowing what you want is not always easy. “Learning what to want,” said Sir Geoffrey Vickers, author of *Freedom in a Rocking Boat*, “is the most radical, the most painful, and the most creative act in life.”

Crafting clear, compelling visions of what matters can be so painful that many of us never do it. Is it any wonder that we go through life doing what is second, third, or tenth most important to us, reacting and responding to the problems and circumstances that assault us?

Part of the difficulty stems from confusion around the word “vision.” It is often used interchangeably with words like “purpose,” “mission,” or “goal.” Although there are similarities between these terms, it is important to sort out their specific meanings.



• **What would it look like if I successfully created that result?** *The bike is a silver-grey, dual-suspension, aluminum-framed bike with carbon forks, grip shifters, top of the line Shimano drivetrain, and an independently suspended crank. It weighs 25 pounds and cost less than \$500. I love riding it and feel proud that I made it myself.*

A vision acts as an attractor. It draws you forward. When held in tension with current reality, it generates the energy needed to organize decisions and action in support of what matters.

A vision provides a clear picture and a set of criteria against which to measure your progress and eventual success. Always use “vision” as the short form of “a vision of a desired end result.”

A vision is not a thing in itself. It is not an affirmation that you put out to the universe and passively expect to receive results in return. It’s a clear, compelling description of a result that you care enough about to choose to *create*.

Vision is a unifying force. A clear, compelling vision helps you focus your values and organize your actions. Some visions, such as a vision of your life, or a career will be all encompassing. Others, such as a vision of a cottage by water, or a book you want to write, will be smaller. Some, such as an organic garden, or a birthday party for your child, will be smaller yet. You need a vision for each result that you want to create.

A vision is also an impelling force. It motivates and empowers you. It helps you persevere in the face of difficult circumstances and adversity. It enables you to stretch beyond limits and at 4 1 18nwyou 6 rganic garden, or a



"What is it you plan to do with this one wild and precious life?"

— Mary Oliver

"One way to create momentum is by creating a series of small successes. So pick small goals, goals that are easy to create and then create them. Think of each success you create