

## What is a Vision?

Vision is a strong desire aligned with partners' values and supported by a plan.

To create and sustain a vision partners need to be strong advocates for their beliefs and desires. Without a sense of growth and the ability to move in a positive direction, partners become depressed and unmotivated. Without some big dreams, a part of each partner withers and dies and they begin to live their lives “in quiet desperation.” So here is a brief overview of the concept of vision.

### Creating Your Vision

A vision involves fantasizing and identifying something you really want. A vision contains enough passion that you are willing to put in sustained effort to bring it about. This focus involves identifying, recalling or revising the important dreams you had when you got together with your partner. Just allow yourself to think creatively about the type of relationship you desire. Describe it.

Describe your vision of how you want your relationship to be in one or more important areas of your life: family, couple/marital, personal growth, financial, spiritual, physical, hobbies, work/career, self-development, community/social, health.

You will know you have your vision when:

1. The results are hard to achieve, i.e. it will require “stretching.”
2. You are excited when you think about it.
3. The results of the vision are meaningful to you.
4. The results make a difference in your life, and most likely make a difference in someone else's life.
5. The results are visible and at least to some degree measurable.
6. The results will reflect your strengths and core values.

As you reflect on your dreams and start to answer these questions, be aware of attitudes you might have that could undermine your vision.

Attitudes that get in the way of constructing or realizing your own vision:

1. I can't really have what I want.

2. I want something only if someone else wants it too.
3. What I want is not that important.
4. Even if I begin, I will eventually fail.
5. My partner will laugh at it or not be supportive.
6. I get too anxious when imagining what I want so I quit.
7. I don't have the necessary skills or talent to pull it off.
8. Really big dreams are only for other people.

Write down what kind of job, family, marriage, career, etc. you would absolutely hate to have. Think of your “disaster job” and write down all the qualities, conditions, and situations that would make for a very, very miserable working experience. Then reverse the qualities and characteristics, and you'll begin to describe an ideal situation.

A vision will evolve as people move towards it. It will also require new skills and capabilities. Ask yourself an important question: “What will I have to do, that I don't want to do, to realize this vision?” Every vision will carry some areas of skill development and tasks you may not be keen about. Don't let this aspect make you believe your vision is wrong for you. Accept that it will involve some drudge work that a part of you will resist.

Write out the results you want. Then, and only then, begin to write out your plan of action. Going too rapidly into a plan of action is a very good way to squash budding dreams. However a good plan will help solidify your vision and also keep you on track.

1. Reference: <https://www.couplesinstitute.com>