

## 4. Vision Activity: Fix Your Dashboard

Imagine somebody that you admire and respect. Take your time and choose someone you look up to – often, your first thought isn't your best. Perhaps list five or ten people you admire to begin with and see what they have in common:

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What qualities do they have that you admire? The characteristics that you admire in others can say a lot about the type of person that you would like to be:

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Now write down the qualities of this person in each life domain: career, finance, family, personal relationships, education, characteristics, activities, community citizenship and any others that you can think of:

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Next, write a paragraph on the type of person that *you* would like to be in each area of your life. Practise 'no limit' thinking. Don't limit yourself by your fears, lack of money or a lack of time – clarify a vision of your ideal self:

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### **The Dashboard**

Millions of people drive to work every day. The dashboard of their car is the first thing they see on the way in and the last thing they see as they arrive home. We use the word 'dashboard' to mean what you see first thing in the morning or last thing at night. It might be the wall above your desk or next to your bedside table. It might be the wallpaper on your phone or the inside cover of your files.

We each live with a mental dashboard of people and ideas. Our research shows us that people who have even a brief reminder of a positive role model – from looking at their dashboard – have hugely increased levels of motivation.

We have also worked with students who have altered their dashboards:

- » One student put a photograph of the university she wanted to go to inside her file, so she saw it each time she opened it up to work.
- » Another student covered his bedroom wall with inspiring quotes and messages.
- » Another listed all the people who would feel proud and excited if she did really well, and stared at those names before each revision session.

# Vision

What kind of images and quotes will you be including in your dashboard?

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## Final Thoughts

For further information on this, check out Dan Coyle's brilliant guide, *The Little Book of Talent* (2012), which encourages people to study the person you want to become. As he advises on his blog, 'Steal from other people. Even if you've picked a wildly obscure talent to develop, there are thousands of other people out there who are doing exactly the same thing as you are, right now' (Coyle, 2014).