

E • Envision

The 10 Percent Vision

Envision · Chapter Four. Picture a normal day, ten percent better.

Not your best day. A normal day six months out, ten percent better, in the present tense, with nothing cinematic in it. Then the Anti-Vision on the back page: the same day ten percent worse, which is where you find out what you are actually trying to avoid.

1 • The 10 Percent Vision

Deep dive

Aim for 10 percent better, not 100 percent different. Describe it through your senses.

What would I see differently?

What would I hear differently (incl. self-talk)?

What would I feel differently (body & emotion)?

How would others notice the difference?

2 • The Anti-Vision

Clarify by contrast.

If things got 10 percent *worse* instead of better, what would that look like?

What does my anti-vision tell me about what I actually want?

3 • Vision Statement

Core

Present tense, as a description of something already happening. Template: 'It is [time] from now. I [what is happening, in concrete nouns]. I notice [what has changed]. [Somebody who knows me] notices [what they would see].'

My 10 percent better vision:
