Vision Workshop:
3 Keys to Accelerating Your Impact While Maintaining Self-Care Practices

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“Most men lead lives of quiet desperation and go to the grave with the song still in them.”

- Henry David Thoreau
The quality of our life is determined by the quality of questions we ask.
What would I LOVE?
Key #1: Vision

“Every great dream begins with a dreamer.”
-Harriet Tubman
• Health
• Relationships
• Vocation
• Time & Money Freedom
Greetings!

Our grass has yet to reach its full potential as a feet-bearing entity, so please, do not walk across our grass and crush its dreams.
• Health
• Relationships
• Vocation
• Time & Money Freedom
Paradigms

A set of beliefs, feelings, and actions that shape our current results.
1. Feeling fundamentally flawed
2. Fear of abandonment and disloyalty
3. Fear of the burden of success
4. Fear of outshining

4 Barriers to Success
• Delay
• Distraction
• Dissuasion
• Disaster
Key #2: Mindset

“We cannot get to our dream. We must come from it. And in order to come from it, we must become it.”

– Mary Morrissey
1. **Notice What You’re Noticing**

2. Hit the Internal Pause Button

3. Align Mindset with Vision

4. Cement with Action Step
• Make a date with your fear, doubt, and worry
Key #3: Support Structure

“Nothing will work unless you do.”
– Maya Angelou
Only two ways to change a paradigm:

- **Structure of Support Over Time**
  - Give up the I know that syndrome
  - Give up the lone ranger syndrome

- **Strong Emotional Impact**
  - Usually negative
• Vocation

• Health

• Relationships

• Time & Money Freedom

“You can fail at what you don't want, so you might as well take a chance on doing what you love.” - Jim Carrey
Keys #1-3: Vision Mindset Support Structure

“I hope you love what you’re doing because you’re trading your life for it.”
– Bob Proctor