

Self-Care and Clarity of Mind...a weekly column by Princess Lakshman (Sister Iqra)



Welcome to my weekly column on **Self-Care and Clarity of Mind**. If you're taking time out to read this, pat yourself on the back because you have shown commitment to taking care of your mind and body.

Today, In Shaa ALLAH, we will explore the topic: **Visioneering**

Bestselling author, Andy Stanley, married the words 'vision' and 'engineering' together to coin the word 'Visioneering'. Stanley described visioneering as:

VISIONEERING = INSPIRATION + CONVICTION + ACTION + DETERMINATION + COMPLETION

"Everybody ends up somewhere in life. A few people end up somewhere on purpose. Those are the ones with vision." (Andy Stanley in his book *Visioneering: Your Guide for Discovering and Maintaining Personal Vision*)

Once you are aware of your purpose, visioneering becomes easier. At times though, you may have clarity in your purpose but may lack strategies on how to turn your dreams into action. Especially if procrastination is your middle name.

9 Ways To Start Visioneering

Below are nine strategies that may help you fly off your procrastinating perch and land on your visioneering vessel.

1. Identify your **ten core values**, ie, what ten things matter most to you.
2. **Pick five** from these core values and write them on a brand new page.
3. Now put these five core values in **order of priority**.
4. **Define each** of these values and write down an example for each. For example, service is something I value. So I would write down 'service' and beside that I would write an example of how I demonstrate service to at least one human being everyday.

5. Now take a few blank pages and either draw or **describe in detail YOUR IDEAL DAY** with all five values included. Be as detailed as possible. It requires you to really sit in silence for a few moments and visualise that ideal day where you are able to live out every single one of those five chosen values. It's not difficult. ALLAH has given you a mind with infinite potential - you can do this.
6. Now write in detail or draw in detail on Your Ideal Day the **specific behaviours** you demonstrate which align with your five values. For example if one of your values is honesty, what behaviours are you demonstrating on your ideal day to live up to that value?
7. Go to a brand new page and write down which of the specific behaviours from point number 6 are you demonstrating in your daily life now and which ones you need to adopt.
8. Write down action steps to help you start implementing these ideal behaviours.
9. Track your progress daily and reflect on how you went in terms of implementing those ideal behaviours. The box below may help:

Core Values	Ideal Behaviour corresponding to core value	Action steps to implement ideal behaviour corresponding to core value	Achieved (yes/ no)	Self-Reflection
1.				
2.				
3.				
4.				
5.				

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In Shaa ALLAH, next week we will explore the topic: **What You Feed Your Mind Determines What You Feed Your Body**

If you wish to know about a specific topic with regards to Self-Care and Clarity of Mind, please text or email me or visit www.muslimahmindmatters.com. If you wish to have a FREE one hour **Clarity Coaching** phone session, contact me on 0451977786



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