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Unleash Your Passion, Love Your Life's Work!

Ten Steps to Achieving Your Vision of Success

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ABSTRACT

Do you ever feel frustrated or overwhelmed because you don't know where you want to go in your career, where you want to take your company, or even what career or business you want to be involved in? Or maybe you do know but feel like you can't achieve this? Maybe you have not defined what “success” even means for yourself. Whether you are an entrepreneur or working for a large company these feelings can arise at any point in your career. There are ten steps you can take to help you define your “Vision of Success.” This article outlines these ten steps or techniques proven to help one define and achieve her goals and provides useful success coaching exercises.



What's Holding You Back?

Do you ever feel frustrated or overwhelmed because you don't know where you want to go in your career, where you want to take your company, or even what career or business you want to be involved in!? Or maybe you do know but feel like you can't achieve this? If you could accomplish anything you wanted through your work, what would it be? What defines your “Vision of Success”? What can YOU do to achieve this *Vision* for your life? Are you doing these things? (If not, why not?)

Whether you are an entrepreneur or working for a large company these feelings can arise at any point in your career. This article offers ten steps that you can use as a success coaching exercise. Many successful women and men who have achieved great things and made wonderful contributions doing their life's work have used the ten techniques below.

Step 1- Find and Clarify Your Vision of Success:

If you don't yet know what you want to achieve that's okay. There are ways to find out. Ask yourself what you are good at, what you enjoy doing, and what you would be doing if money were no object. Write this out as an ideal scenario of you having and doing what you dream of. An ideal scenario means you don't sensor yourself. You write what you really want, free of worry as to how you will achieve these things. An ideal scenario is also written in the present tense. Do not write “I will be...” write “I am...” This gives it more power and affirms your success. Consider your motivation for this Vision. Do



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you want to contribute to others and the world through this Vision while fulfilling your dreams? This may infuse your Vision with the passion you will need to pursue it.

If you don't already know what your vision of success is you need to get clear about this. This isn't something you can force but it is something you can encourage to come to you. Some means of helping you do this are:

- 1) Pay attention to what draws your attention and excites you
- 2) Explore your hunches and urges about your passions
- 3) Meditate, pray and journal on the topic
- 4) Research i.e. read books and articles aimed at helping you clarify your vision, purpose and mission (see list of resources at end of this article).
- 5) Work with a success coach trained at helping you remove blocks and speed up this process.
- 6) Write your Ideal Scenario/Vision of Success

Step 2- Define your Goals Clearly:

From your ideal scenario of your Vision of Success identify concrete goals. Read your ideal scenario looking for the elements of this scenario that are goals or events that you would like to achieve. Circle or mark these things in some way then write them on a separate page, defining them clearly. For example a goal might say something like "Achieve promotion to Vice President," "launch my new restaurant" or "write book." Writing your goals down is very important and gives them more power than just thinking or imagining your success (see the success coaching exercise [Write Your Ideal Scenario](#)).

Step 3- Visualize Yourself Achieving Your Goals:

Before setting off on the path to success you must first be able to see yourself achieving your success. You must believe that you can do it. Your imagination is a powerful creative tool. Once we can vividly imagine something, it often opens the door to manifesting it. You might employ techniques from Creative Visualization (Gawain, 1997) such as making a **vision board** of your ideal scenario or using affirmations (listen to this segment on using a [Vision Board for Business Success](#)).

Step 4- Uncover Psychological Blocks to Success:

If you have difficulty with steps one and two you may have internal obstacles preventing you from having or keeping what you want. On some level you may feel undeserving of success and happiness and this may be reflected in a lack of achievement. To uncover these obstacles ask yourself how you truly feel about



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having what you desire. For example, is there any guilt attached to this? One way to uncover any blocks here is to write down why you deserve to be successful (Cameron, 1992). This can reveal any feelings to the contrary that may come up when you write this down. Examine where your attitudes about success came from. Write out all your fears and fantasies associated with being successful (to get help with this read [Overcoming Fear of Success](#)).

Step 5- Remove Psychological Blocks to Success:

Often just the awareness of negative attitudes and beliefs about success begins the process of letting them go. You can't force change, but there are different tools and techniques that may be helpful. Some of these include: positive affirmations, therapy, success coaching, support groups such as Visions Anonymous, and rituals to rid yourself of the negative beliefs e.g. write them down then burn/tear them up. At the very least, know that any internal voice that tells you, you don't deserve success is just plain irrational and don't listen to it. (to get help with this read [Overcoming Fear of Success](#)).

Step 6- Make a Clear Plan With a Timeline:

By this point in the process you have written your Ideal Scenario and defined the goals that make up this scenario. Now you take these goals and put dates to them, deciding by when you would like to achieve these things. Be realistic here so you won't get discouraged. Consider creating a plan that breaks your goals down into 5-year goals, 1-year goals, 6-months, 3-months and 1-month achievements that contribute to the larger goals. After completing this plan you can do weekly goals that will put you on schedule for all of the other goal milestones (get the [Success in Action Plan](#) tool).

Step 7- Chart your Progress:

It is important to assess your progress at regular intervals. Post your plan or an outline of it in a prominent spot to keep it in your consciousness. Pick a day once a week or once a month, read your plan and see if you are on schedule. Reward yourself for achieving milestones. Update your plan with your accomplishments to see how far you have come. If you need to adjust your plan be realistic and do so. Also, be honest with yourself. Visions and goals can change. If you find that you no longer really want this Vision do not be afraid to change your plan or let that Vision go.

Step 8- Enjoy Your Success!

Once you have achieved your goals and your Vision of Success it is very important to acknowledge this. Reward yourself, give yourself credit and allow yourself to feel the attendant good feelings. This includes acknowledging and rewarding even the smallest milestones. This does not mean you have to throw yourself a party



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every time you do one thing on your “to-do” list, it means something like, taking a walk or buying yourself a pleasure book or a book that’s both pleasure and a journey of self-discovery such as my [The Adventures of Isabelle Book I](#). Once you achieve a major goal or your Vision, don’t just rush off to your next goal as if you take your success for granted.

Step 9- Cultivate Gratitude:

Having gratitude is important once you achieve your visions. Literally "count your blessings", give thanks, allow yourself to enjoy them, and relish the experience of the success you already have. This increases success by attracting more of what you currently possess. One simple way to do this is to write a gratitude list (listing everything that you feel grateful for). I suggest to my success coaching clients to write down five things for which they are grateful and three things they accomplish each day.

Step 10- Give it Away:

Out-flowing (giving away our material gifts and talents) makes room for more to flow to us (Gawain, 1997). When out of feelings of fear or insecurity, we cling to what we have, we cut this flow off. You must not only express gratitude for achieving success, you must share this success with others. Share your resources, time and talents. You are also giving it away when you tell your story to others so that they might be encouraged.

One Last Word:

Diligently and thoroughly following the above steps will assure success but it is important to keep in mind, as you work through them that you need to be patient and continue to see yourself achieving what you set out to do. Making sure that you have clearly defined something that you truly feel passionate about is also very important. Doing something because it is what others expect or just to satisfy your ego will not hold a charge for the long haul. It is your passion and belief in what you are doing and its contribution to the world that will help you weather the tough times and set-backs. Affirming your success!





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About the Author



Dr. Nicole Cutts licensed Clinical Psychologist, Success Coach, Author of [**The Adventures of Isabelle Book I**](#), Speaker, Artist and Organizational Consultant inspires and empowers people to achieve a more balanced and successful lifestyle. Nicole enjoys taking clients to the “Aha” moment, helping them identify blocks, spark a change in attitude and behavior and ramp up personal performance. She has consulted with and trained executives, managers, and teams at Fortune 500 Companies, Federal Government Agencies, and Non-Profit Organizations. As a Master Facilitator, Speaker and Success Coach, she helps people create an exceptional life by honoring their mind, body, and spirit so they can experience joy, passion, meaning, and ultimate success in their work. She was named 2011 Entrepreneur of the Year by The National Black MBA Association’s DC Chapter and one of Tagg Magazine’s Most Enterprising Women in 2015.

Nicole has made several media appearances on radio and television to include BET’s *The Center*, the BBC, Roland S. Martin’s *Urban Business Roundtable*, *The Steve Harvey Morning Show* and *The Daily Drum*. Nicole is the co-host of the *Inside Out* radio show on Washington, DC’s WPFW 89.3 fm (www.wpfw.org).

She is also a frequently quoted expert on success in national publications. She has co-authored and published several articles and stories in scientific and literary journals. She has been a featured writer on Corporate Wellness, Success Coaching, and Diversity on several business websites and was the Senior Features Editor at The Diversity Channel. She is a former faculty member of The University of MD-Baltimore County where she taught in the Women’s Studies Dept.

An avid yoga practitioner, she ignites change, using somatic coaching principles helping people create an exceptional life. It is her dedication to well-being and belief that we should find joy and passion in our work that motivated her to start Cutts Consulting, LLC in 2002. She created Vision Quest Retreats in 2009 to help women discover their passion and purpose and bring this to life through their work.

Dr. Cutts, received her Ph.D. from the California School of Professional Psychology-LA, where her emphasis of study was Multicultural Community Clinical Psychology. She received her Executive Coach certification from The Center for Executive Coaching. She also holds a B.S. in Psychology from Howard University.

Contact her for Speaking Engagements, Coaching or Consulting Services at:

www.visionquestretreats.com

www.cuttscalculating.com



RESOURCES

[The Vision Quest Chronicles Blog](#) (FREE success tools, tips and resources to aid you on your quest)

Boldt, L.G. (1996). How to find the work you love. New York: Penguin Compass.

Choquette, S. (1997). Your Heart's Desire: Instructions for Creating the Life You Really Want. New York: Three Rivers Press.

Bolles, R.N. (2003). What color is your parachute? A practical manual for job-hunters and career-changers. Berkley: Ten Speed Press.

Bronson, Po. (2005). What should I do with my life? New York: Ballantine Books

Cameron, J. (1992). The artist's way: A spiritual path to higher creativity. New York: Penguin Putnum Inc.

Chopra, D. (1994). The Seven Spiritual Laws of Success: A Practical Guide to the Fulfillment of Your Dreams. San Rafael, CA: Amber-Allen Publishing & Novato, CA: New World Library.

Chopra, D. (1993). Creating Affluence: Wealth Consciousness in the Field of All Possibilities. CA: New World Library.

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Sher, B. & Smith, B. (1994). I could do anything if I only knew what is was: How to discover what you really want and how to get it. New York: Dell Publishing.

Warren, R. (2002). The Purpose Driven Life: What on Earth am I Here For? Grand Rapids, MI: Zondervan Publishers.

