

# Not a New You

**3** Ingredients to  
Identify the Vision  
Already Inside of You



The Word Chef™

What if I told you that the key to what you're hoping for in every area of your life in 2021 and beyond isn't in the "new" you—it's in the vision you hold of the old you.

**That's not a typo.** Here's the thing:

*"Wherever you go, there you are."*

Let that sink in for a moment; so often it's not about what we're moving toward, and trying to en**vision**; it's what we're running from and resisting. And believe me, from experience, I've learned that running leads to years in revolution—going around and around—instead of evolution.

Like so many things in life, it's all about how we see it. And that's the real point of vision. **Vision = the act or power of seeing : SIGHT.**

That's really pretty powerful because I'm not only talking about the physical act of seeing, but the soulful act of *being* what you see. What do you see for yourself? What do you see in yourself?

I guarantee you that your answers to those questions are dictating the direction your life is headed in. Whether our eyes and our minds are open or shut, we are consciously and unconsciously headed in the direction of what we see.

## "Write the Vision" Habakkuk 2:2

'...2 Then the Lord answered me and said:  
"Write the vision And make *it* plain on tablets,  
That he may run who reads it.'" -NKJV

No matter what your religious beliefs (or if you have none) I hope you'll stay open minded with me here. There are many times where the truth of the Scriptures has found its way into secular society, for example, most people have heard of "the law of attraction," yet may not realize its biblical origins. There is real creative power found here that goes beyond factual disputes among religious philosophies, which is why a book about the law of attraction was so successful—it works and is rooted in truth. But, I'm not here to debate—I'm here to illuminate.


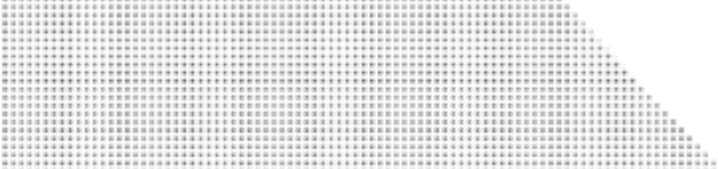
In this Scripture, the Bible is outlining that we need a vision to get where we want to go. How I describe this to my clients is by saying this:

## "Begin with the end in mind"

The decisions we make along any path should be a reflection of the results we desire. If I see myself 20 lbs. lighter, I have to make decisions in my eating and exercise habits that will help me achieve the outcome and vision I seek. It's no different with whatever it is you desire.

Here's what else I find really interesting in the definition of vision, how it's impacted by light:

b: the special sense by which the qualities of an object (such as color, luminosity, shape, and size) constituting its appearance are perceived through a process in which light rays entering the eye are transformed by the retina into electrical signals that are transmitted to the brain via the optic nerve.



Our perceptions of what we see are transformed by the light we have entering our eyesight. In order to see clearly, in order for your vision to become a reality, you need light.

**Light is simply defined as the natural agent that stimulates sight and makes things visible.** But, by now, you already know that I'm not just talking about the physical. I'm talking about your spirit and your soul as well. Light, in a spiritual sense, helps you to see with your spiritual eyes, not just your physical ones.

This is important because you're going to be assessing how you perceive things, which means, not only how you see them in the physical, but what your mind thinks about what it sees and how your heart feels about what it sees. Every part of us—spirit, soul and body—is connected, and impacts our vision.

# See to Be

I am fascinated by and love butterflies. At first I loved them only for the unique beauty of each one and how gracefully they fly through the air. They intrigued me so much, I began to learn about them. As we know, caterpillars go through an incredible metamorphosis to become butterflies.

I was intrigued by this fact: the average caterpillar sheds its skin 4-5 times before it becomes a butterfly. They start off, crawling around in the dirt, and end up, flying into the clouds. Not because they became brand new, but because they shed their old skin and transformed from the old into the new.

**The foundation for everything the butterfly needs to remake itself during its time in the chrysalis is in the caterpillar—and so it is within you.**

This transformation begins with a shift in your perception, and how you see things—your vision. What if during its time in the chrysalis and throughout its metamorphosis all the caterpillar could think about is what it used to be; how it crawled in the dirt; how it was now in a dark chrysalis? It might not ever think it would grow the wings to fly. This is why what you perceive and what you believe, deep inside of you, is so key.

You don't need to be a new you in 2021. You need to truly **see** you. You need to take the stuff you're made of; the stuff that makes you uniquely you; the stuff you may have to shake some dirt off of, and learn how to use it to help you be the vision already within you and fly.

That's what I'm going to help you discover with three key ingredients:

**One** See who  
●●● you are:

**Two** See who  
●●● you are not;

**Three** See what  
●●● you love.



# See...

who you are.

For those of us who have done a lot of personal development work, this ingredient may seem trite, but don't skip it. Remember, there is power in "writing the vision." Here's what I'd like you to do: In the 21 spaces below, freestyle the first thoughts that come to mind about who you are. You aren't including job titles, degrees, or roles you play as a parent or partner. You're taking the time to see the characteristics of who you truly are.

No one is going to read this (unless you decide to share it with them) so be transparent with yourself. But, don't beat yourself up either. If you look at your list and find you have a lot of negative traits written down, that could be very telling, not only about who you are, but how you perceive who you are. Most of us though, will find that positive traits come to mind first, while some of the traits that we know we need to work on, for example, we may be stubborn or rebellious, will also surface.

Take note of how you feel during this process. Don't overthink it. Make 21 declarative statements that say, **"I am..."**

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If this takes you more than **7 minutes**, stop where you are.



# See...

who you are not.

Now, I want you to make a list that identifies characteristics and traits of who you aren't. This isn't typical, but in no way am I promoting negative self-talk. What I've found in myself and in working with my clients is that too often we get stuck in roles we have to play; or in who we've had to be or need to be for others; or to survive and overcome certain situations in our lives. Sometimes we even wish we were a way that we aren't. Some introverts wish they were extroverts, but if they're being true to themselves, they know they prefer to be at home or having a relaxing evening out with a cherished loved one as opposed to being at a large party for hours on end.

Identifying who we are not is important because it helps us to step outside of the confines of the boxes and limitations we've begun to place around ourselves. You can't achieve your vision, trapped living someone else's life. So declare,

**"I am not..."**

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If this takes you more than **10 minutes**, stop where you are.

## See...what you love.

For this final ingredient, you're going to create a vision board. But, not the kind you think. Don't cut out photos of all the things you want to achieve. Find photos and images of things that make your heart sing! You can do this the "good ole' fashioned way" with magazines and a board, or create an electronic board via a tool like Mural.com.

Either way, take 30 minutes to one hour finding your images and placing them on your board. Arrange them in no particular order. Now, take a few minutes to write down the themes you see. When I did this, I noticed I had photos of people in some form of movement, images of travel, nature, fashion, vibrant colors. I love all things that represent beauty and those were some of the themes. What themes do you see in what you love? Write, **"I love..."**

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What's important now is how you show up for you. What do you notice? What do you see? Look closely at these three Ingredients. What you've written and captured is speaking to you about your deepest desires, how you see yourself and areas you need to spend more time developing to achieve your vision. Below, write what you now see as the vision you're carrying for your life. Don't think about it too long or hard. The vision may not come to you immediately and importantly, there are no wrong answers.



# Write Your Vision

Yasss! There's something brilliant that the world needs more of stirring on the inside of you. It's not always easy to take a look within ourselves and find it, but you've given yourself this gift. Congratulations!

What you do with it is up to you. Here's where the real work begins: align your thoughts, behaviors and life with your vision.

If you'd like ideas and insights on where to start, let's connect! Follow me **@TheWordChef** and subscribe at [www.thewordchefrecipes.com](http://www.thewordchefrecipes.com). You have all the ingredients needed to be everything you envision.

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