

How to Create Your Ideal Scene

A Guide to Help You Manifest Your Visions + Dreams

by Gage Christine Bock, MA, CPCC, PCC

www.gagebock.com

What is an Ideal Scene?

An Ideal Scene is a fun, simple and low-tech tool we can use to help us clarify, focus, and dream into what we really want in life.

An Ideal Scene is a kind of visual map of what we want in any particular area of life, and we can create Ideal Scenes for anything: our Work/Career, Romance, Money, Home/Environment, Community, Friends, etc. We can also create Ideal Scenes for specific life events, such as buying a home, transitioning from one job to another, or having a challenging conversation with another person.

When creating our Ideal Scenes, it's super important to include not only what we want, but also how we want to **FEEL**. For example, let's say that I've created an Ideal Scene about my career. I have included that I want a job working from home, with a minimum salary of X, and to travel no more than once a month for work. As for feelings, I want to feel **excited** about my days, **inspired** about the work I'm doing and/or the people I'm working with, and secure in my position. I might also want to feel well-used and on purpose.

Finally, once we create an Ideal Scene, we want to be sure to interact with it (review it) on a regular basis, so as to re-remind ourselves of our vision/dream/goal.

So, how do we make one?

How to create your Ideal Scene:

Ideal Scenes are super simple to create! Here's how:

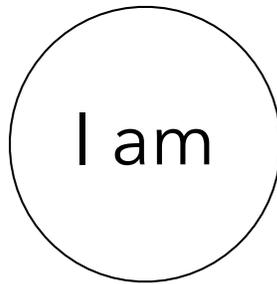
1. Take out a blank sheet of paper or find one in your journal (as I mentioned earlier, this is a low-tech process! It's important to hand-write our Ideal Scenes because we're more able to tap into our deeper emotions when we're writing by hand).
2. In the center of the page, write the words "I AM" and draw a circle around them.
3. Now, decide which area of life or circumstance you're creating an Ideal Scene for. Is it for your work life? Love life? Financial well-being? Your home or living situation? A relationship? An important meeting?
4. Once you've decided, write the topic at the top of the page. For instance, if I'm creating an Ideal Scene for my career, I'd simply write "Work" or "My Career" at the top.
5. Next, draw a couple spokes that radiate out from the "I AM" circle in the center, just to get you started (see the next page for reference).
6. Now comes the fun part where you get to dream! On one spoke, write what you'd like to have happen or what you'd like to experience in regards to the topic of your Ideal Scene. So for instance, in the Career Ideal Scene example, I might write something like this:
 - i. *"I AM grateful and happy to be earning a minimum income of (X)!"*
 - ii. *"I AM feeling on purpose and truly fulfilled by the work that I'm doing!"*
 - iii. *"I AM grateful to be working with people I truly like, respect and am motivated and inspired by!"*

One rule here: Write all statements in the present tense (this helps to re-wire the neuro-pathways in your brain!).

Fill the page with your own "I AM" statements, with one more caveat: each statement must be at least 50% believable to you. This helps to make it more believable to you, and therefore more effective.

7. Once you've finished your Ideal Scene, at the bottom of the page write the words, *"This or something better for the highest good of all concerned"*. This is a way to acknowledge that while we indeed want what we have written, that there might be something even better coming along that we cannot even imagine yet.
8. Finally, re-visit and review your Ideal Scene(s) often, daily if you can! The more you can feel into and envision them, the better.

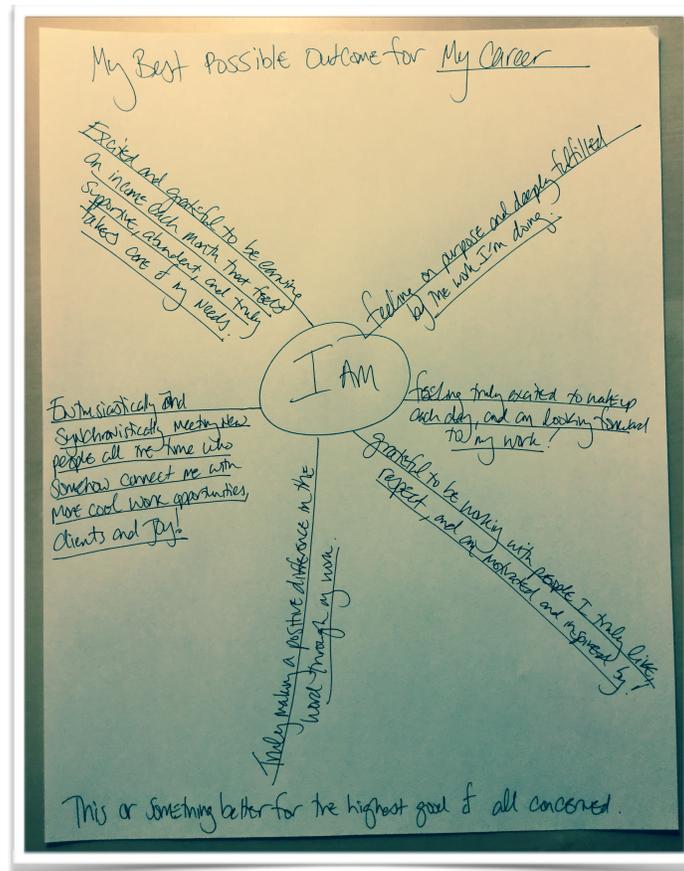
My Ideal Scene for



This or something better for the highest good of all concerned.

How to create your Ideal Scene:

Here's an example:



Finally, remember to have fun with this. Perhaps you'll create a meaningful ritual around it, or take yourself out for a nice coffee date to create your own. Whatever you do, make sure it feels fun and nurturing to you.

The next page has a blank template that you can use to get started right away. Go for it! I'm cheering you on, all the way. :)

Love,
Gage