

Ep #021: Creating the Vision of You 2021



Full Episode Transcript

With Your Host

Rosie Aiello

Ep #021: Creating the Vision of You 2021

Welcome to the Vulnerable to Valuable podcast. This is your host, Rosie Aiello. This podcast is for you, if you have experienced narcissistic, toxic, abusive, controlling relationship. And you are emerging, having just emerged from one or you've been out of it for a while, and you just want to get your life back, you want to find yourself and find the kind love of your life.

My mission is to lift and inspire you ... give you the ways you can reclaim your voice and value, your confidence, and the courage to BE the new empowered you.

+++

Welcome, my friend, to this special episode of creating your vision. We're at the beginning of the year, a brand new year to create brand new dreams. And there's nothing like starting with the moment, wherever you are, even if you hear this and it's the middle of the year, it doesn't matter. You start where you are.

I remember when I was planning my escape from my abusive relationship, and well, truly, I didn't have much of a plan, I didn't have much of a vision like I have been talking to you about today. I didn't have a real big vision other than I wanted my freedom. That's the only vision I had – freedom for myself and for my daughter to create a life, to create a life where we could really live it.

I only had Plan A. There was absolutely no plan B where there was going to be no failure. It didn't even enter my consciousness that this plan would not succeed. I knew it would succeed. And it was in that belief of that vision that I could have for my future that kept me going. And that's what I want to offer you as I start to go through some of the details of what you can do.

You don't need some huge, grandiose vision or dream or vision board, even though I'm going to be sharing some of these techniques with you. You don't need any of that. It depends on where you are in your life and what will serve you best. I'm going to be offering you some ideas and suggestions, giving you ideas about my own personal experience. But I want you to take what feels true for you, what you feel you can grab on to, and then a little bit more, because it's easy when we're stuck in fear. And when we're stuck in confusion, we can't go anywhere. And that's just the whole point. Confusion keeps you stuck. Fear keeps you stuck.

If you want to move forward, listen to this really well because it just takes just a sliver of hope. Yeah, you can do it. I get it. Sometimes you just feel like there's just no way. But I want to be an example for you that there is a way. And the first thing is to always believe in yourself. And I get it. It is so hard to believe in yourself. I was the subject of a verbal punching bag for over 25 years and I lost myself. I did not know who I was. I looked okay on the outside. But inside, I was just a shell.

Ep #021: Creating the Vision of You 2021

So if you've been there or you are there, I understand you. Life is so much more. So I want you to take that confusion and I want you to take that fear and I want you to just to embrace it and just say, "Okay, I'm going to take this one little step. I'm going to create a vision for my life, for me, that it can be better. However that might."

We don't know the how. So don't worry about the how. Right now, I want you to create and focus just on a vision. Just a hope. Just a belief that it can be true for you like it has been for me and all my guests on the Vulnerable to Valuable podcast. So listen to these other highly inspirational women who have come through the other side.

Yes, it's a journey but you're not alone. I'm here for you. Just get started by taking the Freedom Fulfillment Quiz. Just go to [FreedomFulfillmentQuiz.com](https://www.FreedomFulfillmentQuiz.com), and that's going to get you in position to know where you're at so you're going to start to see, "Well, what do I need to have a vision on? What should I be looking for? What kind of a life could I have? What do I need?" And we'll just take it step by step. But go there so you have a basis for where you're at, so you can figure out where you need to move forward. And we can do that when we have a conversation.

So this is all about you... your becoming. You're moving into knowing who you are, because if you're like me, you lost yourself. It's like when you criticize yourself. So you put yourself down, you're full of shame, all of it was like hiding. You're hiding your true self. And now it's time for that woman to really come out. Maybe you're not ready to shine yet. Maybe you are. We don't know where you're at. I want you to just be kind to yourself during this whole process and to know that there is a way. There is a way. There is a way. I am living proof of this.

So this is for you... for you to become the woman who believes deep in her soul, in your value, in your desires, and in your dreams. Especially when women are trying to recover, they put so many demands on themselves like, "I should have done this, I should have done this." All these should. They're still living in the past. Well, the past is done... a painful past. But it's over. The reality is that it's over, and the sooner that you accept that reality that it's over.

You can't change the past. But you know what? You can create your future. And that's when you often hear, "Oh, well, it's your responsibility." And sometimes you'll say, "I'm not responsible for him treating me. It's not my responsibility. Why do I have to take responsibility that he wanted to be cruel to me and put me down and maybe hit me and belittle me and ridicule me? And I just like, that was all my fault." No, it's not your fault. He's responsible for his behavior.

What you are responsible for now is now creating your future. That's what you're responsible for – to recognize the past is over and to start taking all that pent up energy, all that anger, whatever

Ep #021: Creating the Vision of You 2021

it is you're feeling, and redirect it towards something that will serve you. And the first thing is now to go into a deep dive into the inside of you.

You lost yourself, right? I lost myself. I was an empty shell. So I had to not just rebuild myself. I had to create myself. I didn't know who I was. Zero. And that's going to be your first step. And just creating the vision that you create somebody who believes in you, which is you, who is you, who really values herself, who has desires, who has dreams that are worthy of going after. Some will come true, and some won't. Some will be wild, some will be ordinary, and they're all good.

When you have a vision, when you have a dream, when you have a goal, it forces you to look forward. We don't have visions of the past. We've got memories, but we don't have a vision of the past. We create a vision for our future. So the more you get in tune with that belief that, "Oh, I'm just looking at my future," you'll remember your past. That painful past will pop up. But as you keep looking forward in creating your future, that painful past, it's not going to have a lot of bearing on you because that was the old you with the new vision of what your life could be, how you could be, how you can show up. This is what's important.

And if you're at the stage where you're looking for somebody now, like you're afraid, but you really would like an intimate relationship, you'd like a connection. And what I discovered is that women make the biggest mistake. They keep looking for Mr. Right when they haven't yet discovered their own self. So who is she really? They look outside themselves to find what they want. And that will not lead them to what they want. That's the wrong path.

So my challenge to you is to take this vision, practice to look deep inside yourself, to discover who you are and who you want to be, and how you want to show up in this world, and know that you can. Know that you are enough. Know that you are lovable. Know that you can trust in another relationship. Know that you can trust yourself, that you'll make many, many decisions. Some will be good and some will be good. But they're all be good, because they're still moving you forward. So breathe in that. But yes, you can have it.

I could have never guessed that after arriving back in the United States, after living overseas for almost 25 years and engineering this escape that I could have the life I want. If I had stayed there, first of all, I don't think I would have been living. I would have just been a whipped dog because that's how it was before I left. It's like, what kind of life is that? I didn't want that life. I wanted to live this one precious life. I wanted to live it. Do you want to live this life? If you want to live this life, you have to be dedicated to yourself... yourself first. And if you don't have that, you won't be able to move forward in grace, in love, in kindness, and getting the man that you want. You won't. There'll be lots of struggles and you'll keep going off base and you're wondering why it doesn't work.

Ep #021: Creating the Vision of You 2021

So I want you to start thinking about truly, what kind of vision would you like? Just play with it. Just play with it. And as you go through this, just for fun. A vision is something you can see. So it's a visual description.

Now, while this may sound, for those of you who are very visual, that might be easy for some of those who don't have that strong vision ability. And let's say that vision ability, where maybe they're more auditory, or they want to touch or something, they can't see things. But let's just keep practicing the vision so you can actually see it because their brain doesn't focus so much on words as it does on images. And the more you can create that image, the better it is for you to actually grow that vision.

My first vision when I was still in the Middle East, it was just like, my daughter and I deserve a happy and joyful life. Now, those were all words. I didn't have a vision. I didn't have a description I could have given you. But I had a feeling. I knew what that feeling was, that feeling of freedom and joy. I could feel that and I focused on that. That's what got me through. That vision of just having joy and kindness and love, that's what pulled me through. And that's what I have today. I could not have told you then how I was going to do it. Never in a million years. But I want to make this a little bit easier for you because I've been through this.

So I want you to just think about what it is that you want. I don't know where you live. maybe where you want to live, maybe the relationship you'd like to have eventually, maybe how you want to just show up in this world where you feel confident. What does that look like? What does a confident you look like? What does a confident you speaking up look like? What does somebody who is asking constantly for what she wants look like? What is someone who is upholding her values look like? Someone who is expressing her boundaries, what is she doing? How is she behaving? That's what you want to focus on.

So just get into a little scene like, what she'd be doing? You can even take it from me or somebody else that you admire, and describe them. What do they look like? What are they doing? How are they talking? How are they showing up? Use all of your five senses and add how you're feeling in the scene. And the more detail you go into, the better. And when you are describing this or writing this or whatever, and yes, you can use a vision board if you know how to do that, but I want you to also get into talking to yourself about the description. If you made a vision board, describe the vision board, describe what you're seeing, verbalize it, so you can get that into your brain as well.

So we're going to add the brain in many, many different ways. And one key thing is to use the present tense when you are talking as opposed to the future tense where it's just like, "Oh, it's going to just keep pushing it out into the future." No, you're telling your mind this is happening

Ep #021: Creating the Vision of You 2021

now. This is happening right now. And then when you do that, I'll give you some more prompts in just a moment, you can just read it and look at it and imagine it in your mind every day.

There are many, many examples of this happening. I'll share this example. It's not a love vision. This is just something that happened to me when I was very, very, very early on in my entrepreneur life. I barely knew anything at this moment. I just had this vision that I'd be on stage and there'd be two large TV screens on both sides of me, and I'd be giving a presentation to 2000 women. I would be feeling energized and feeling exhilarated and fabulous in my royal blue dress and engine red necklace. I had this really beautiful red coral necklace. I just loved it.

And then what happened... not having a clue. Okay, no clue here. What actually happened about six months later was I stood on a huge stage with two large TV screens on either side of me. I was giving an acceptance speech to nearly 2000 women. I was definitely energized. I was definitely feeling exhilarated and fabulous in my silky purple dress with a fake diamond necklace. So it wasn't exactly, but hey, you know what, it was pretty darn close and it was just so amazing. And those kinds of things have happened over and over and over.

So it works. This works. And it works if you keep practicing it. And I remind you that practice does not mean perfect. When you're practicing something, that means you keep working at it. You keep working at it. You keep working at it until it comes. And it's going to be, you might go left and you might go right then you might go straight, then you might go backwards, and then you might go left. It just keeps going, but you keep moving forward.

I'll give you some examples of how to use your five senses to focus on this vision of you... of you. This is a vision of you... for you.

#1 So when you are imagining like I was describing what dress I was wearing, as you're going through the different senses like the sense of touch, what does the fabric feel like? If you're with somebody else, what's their fabric like? If you're sitting on a sofa or you're on the stage or whatever that you can touch, what does it look like? What does it feel like? Describe the feeling of it so you can really feel it in your hands.

Maybe you're going on a trip. Maybe you can feel the seats in the airplane. Maybe you can feel the comforter in the hotel bedroom. All of these things. Maybe you're feeling the coins or the paper money of a foreign country. How does it make you feel?

#2 What are the smells? Going into smells, what smells do you have? Where are you that you would smell? Could it be your own perfume? Could it be cologne with a man that you're with? Could it be the salty water coming off the ocean, or the pine trees in a forest, or the smell of new leather in your new car, or the exhaust of cars as you're walking along the streets in Paris?. All

Ep #021: Creating the Vision of You 2021

these things, we don't think about them. But this is what intensifies it. This is what intensifies it. And then use it.

#3 The sense of taste. Again, the taste of the salty air as you're walking along the beach. Maybe it's the walking along the beach during your vacation. Maybe you're walking along the beach and it's local, but you're with your love or with a dear friend. Maybe it's the taste of food on a trip that you're taking. Maybe it's a taste of your lover's lips. Just include that.

#4 The sounds that you experience, what you hear. Maybe it's a conversation you're having. Maybe it's the waves crashing on the shore. Maybe it's people sharing their excitement with you. Include what you feel when you hear it, whatever it is, what's the feeling you get, because the feeling will amplify each sense. It will just amplify it.

#5 Then you have sight, your sense of sight. All the color. The color of your clothes, the color of his clothes, the color of the sky, the color of your car, the color of the comforter in the hotel bed. What do you see? You see the beautiful beaches. You see the forest, dark, bright, the shape of it, the size of it. All of these things intensify your vision. And then when you add the feelings like I've been suggesting, everything just gets ramped up.

+++

The only way to move forward and create an impact in your life is to know where you're at, where you want to go and what's holding you back. Get started by taking the Freedom Fulfillment Quiz. In 4 short minutes, you'll discover where you are, where you want to be, and what you'll need to do. If you are serious about evolving into a new empowered you, who can show up as the confident woman she once was, or wants to be then start now. Your life is waiting for you.

Go to: [FreedomFulfillmentQuiz.com](https://www.FreedomFulfillmentQuiz.com)

+++

BONUS: What kinds of feelings do you want to have in your heart? When you put your hand on your heart, how do you want to feel? When I work with my clients, and they just feel like "I just have to settle, I will never find a guy. There's nobody. There's no one around for me." All the good men are taken, for example. And so I have them tap into a time when they felt loved, they felt cherished. It could be with a friend. But you felt that love. You knew what that felt like. You tap into that feeling of what it's like to be with somebody that you care about. You know that feeling.

Ep #021: Creating the Vision of You 2021

So when you're thinking of that person or thinking of that vacation, put your hand on your heart to help you get closer to the feelings of what you would like to have. And then you can just intensify those feelings one by one by one. Make the images stronger, the colors more intense, the sounds sharper or clear or louder, whatever you feel. And as you go, close your eyes and feel those feelings throughout your entire body.

So while you may hear at this time of the year, at the beginning of the year, creating these big vision and the goals for your life, if you don't focus on you first – what your thoughts are, what your beliefs are, how you're showing up in the world, what you want, what will create the feeling of joy in your heart – it really doesn't matter what those other visions are because the foundation is first always start with you.

And as you are working on yourself and challenging yourself about the beliefs you are having, the visions, the other visions that are bringing you down, those are going to come up. And if you don't have the skills to keep to offset those negative visions, those negative thoughts, those negative beliefs, or what I like to call very unuseful ones, because they're not helping you move your life forward. They're keeping you in confusion and keeping you in fear, which keeps you just stuck. Everything... everything must start with you.

So if you have these feelings of “I am not lovable. I'm not good enough. I'm not smart enough. I'm not pretty enough. I should have done that. I should have done this. I should do this,” all of these are going to keep you stuck. So keep working on that vision and the belief will come along slowly... slowly... slowly, until it becomes a “knowing”. It becomes a knowing when you can feel it deep in your heart.

This work takes practice. I am not going to lie to you. It's not some magic wand. It's not a magic wand. That means you need to keep working at it and practicing it and reformatting and re-emphasizing. So just keep trying. You promise me? Do I hear a big YES? Because I want you to have the freedom to show up 100% you. It took me a long time to get there. And it's still a practice because we get knocked down. And these are the skills I practice all the time. Every single day. I do this vision every day.

So be there for you. Create the YOU that you want to be, how you want to show up in this world, how you want to be in this world. This is your becoming. I can tell you that you're fabulous. I can tell you you're enough. I can tell you a lot of things. But it really doesn't mean anything unless you, in your core, believe it. And that's what this work will do.

And if you want deeper work on this, if you want the coaching to help you clear out those beliefs, help you find the vision, to help you move forward, then start by going to the

Ep #021: Creating the Vision of You 2021

[FreedomFulfillmentQuiz.com](https://www.FreedomFulfillmentQuiz.com), and we'll have a conversation to move you forward, because you are precious, your life matters. And this is your one precious life. How are you going to live it?

You deserve to be treated with kindness. And that starts, my dear friend, by being kind to yourself. So what "kind" vision are you going to create?

+++

That's it for today's episode, head on over to [VulnerabletoValuable.com](https://www.VulnerabletoValuable.com), and subscribe to the show. When you subscribe, you'll instantly get a special eBook.

And when you subscribe to the show and post review to iTunes, you'll be entered into a drawing to win a free consult with me. Plus, your subscribing will help our mission to inspire 100 million women worldwide to heal and move forward from their abusive relationships.

That's [VulnerabletoValuable.com](https://www.VulnerabletoValuable.com), the podcast that guides you to reclaim your voice, value, confidence, and courage.

+++

NOTICE: Rosie Aiello, The Love is Kind Network and ClearVista Consulting, Int'l, Inc. or guests are not offering medical advice. Please consult your medical practitioner for medical advice.