

WHAT'S YOUR LIFE VISION?

Hellen Keller once said, *"The only thing worse than being blind is having sight with no vision."* When was the last time you sat down and reflected on the vision for your life? Have you ever thought of one? We all have things in life we aspire to have; better relationships, greater spiritual connections, material things, but keep in mind vague visions equal vague results. Have you sat down and clearly detailed out exactly what it is that you want? Most people I talk to say they want to be healthy, but when I ask them what a healthy life looks like, they don't have an answer. A few times a year, Dr. Alanna and I sit down and review our life vision and make sure that all of our actions are congruent with what it will take for us to create this vision and make it a reality. As we look back on 2020, it's important to sit down and reflect. I think it's fair to say that there are probably a lot of different outlooks on how this year went. The question is did you respond or react. What you should think about is what WILL you do this year? This week your EFC team got together and did just this and were beyond excited for what this next year has in store.

My challenge for you this week is to sit down and write out your vision. Set clear and detailed measures for your career, family, relationships, finances, and of course your health! When you know exactly what you want, it makes decisions in life so much simpler. All you have to do is ask yourself if this choice will bring you closer or further from making your vision a reality. If this is something that you've already done, please share with us, we'd love to hear it. If not, start today and see how your life changes!

"Vision without action is merely a dream. Action without vision just passes the time. Vision with action can change the world" - Joel Barker

Be Blessed and Be a Blessing,
Drs. Mike and Alanna