

bSMART

CORE VALUES OF LEADERSHIP - #1 VISION

bSMART believes the first step to becoming a leader is having a vision for yourself and others. However, society often limits our potential based on external factors such as your age, race, or gender, which in turn limits your belief about what's possible for you. It's time we take back the vision for our lives and become the leaders we're meant to be. Learn how you can create the vision you want for your life today.

bSMART EXERCISE

Below is a quick and easy exercise you can do every day in as little as five minutes. I recommend you do it at least once a week to check-in with yourself and create time and awareness of what your imagination is calling you towards.

Exercise:

- Sit in a comfortable chair and close your eyes.
- Take three deep breaths and relax each part of your body.
- Picture your life ten years from now in each of the below categories:
 - Home
 - Relationships
 - Friends
 - Career
 - Finances
 - Travel
 - Relaxation
 - Health
 - Spirit

Now, I want you to do the exercise again, but this time, challenge yourself to go ten times bigger in what you imagine for yourself!

Go ahead and repeat the exercise now.

- Picture your life ten years from now in each of the below categories:
 - Home
 - Relationships
 - Friends
 - Career
 - Finances

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- Travel
- Relaxation
- Health
- Spirit

What did that feel like? Were you embarrassed? Did you feel guilty or ashamed imagining such wonderful things for your future?

Write down what you learned from this visualization exercise:

Now, I want you to do the exercise one more time. Only this time, I want you to go even ten times bigger.

Go ahead and repeat the exercise now.

- Picture your life ten years from now in each of the below categories:
 - Home
 - Relationships
 - Friends
 - Career
 - Finances
 - Travel
 - Relaxation
 - Health
 - Spirit

How does that feel? Does it feel liberating? Are you excited by what you see? Are you a little scared? If so, then you're on the right track to identifying what life is calling you to live.

Write down how you felt after going 10 times bigger with your vision:

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DAILY AFFIRMATION

The possibilities for my future are endless and unlimited.

COMMUNITY FOCUS

Share in our private [bSMART mentorship group](#) what you learned about your vision for your future.

bSMART CHECKLIST

Practiced the bSMART Exercise over the past week.

Repeated the daily affirmation every day.

Shared your experience in the private mentor group.

MENTORSHIP SUMMARY

1. Having vision for your life is the first step to becoming the leader you're meant to be.
2. When you express your gifts and talents, you become a leader and decision-maker in your industry.
3. Society, friends, family, and even the media have been telling you the type of life you should have based on where you come from and what you look like.
4. Your imagination is the key to identifying your goals and making them a reality.
5. Where do you see yourself in ten years? Now go bigger.
6. We worry we might be rejected by our friends or family if we're different.
7. It isn't easy to become the person you're meant to be in the face of criticism or rejection.
8. When you achieve your potential, you give everyone around you permission to do the same.
9. It's time to take back the vision for your life from those around you.
10. The world needs the vision you have for yourself.

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Women represent 51% of the population and 47% of the U.S. labor force. However, women represent only 25% of senior managers, 10% of top earners, and 6% of senior executives.

bSMART provides women mobile mentorship to become the leader you were meant to be.