



*Partners in Paradise:*

# NEW YEAR'S VISION

By Kat Kehres Knecht w/ Curtis Knecht  
Photo illustration by Dina Pielat

I love the fact that every year we enjoy a fresh beginning with a clean slate via such a definitive date on the calendar as New Year's Day. I like it so much, that I even got married on New Year's Eve, so my husband and I would have a new start on our marriage at every anniversary.

As a culture, we often charge in armed with hard and fast New Year's resolutions that promptly fail. First, they actually galvanize our focus on things we don't want, like being overweight, a job we hate, financial chaos or a general feeling of helplessness. Second, they are usually based on goals gone bust, which make them emotionally charged. Third, they are not filled with joy and the positive experience of what we really want in our lives. - A recipe for failure or lack luster results at best.

#### VISIONING – LOOKING TO THE PAST FOR THE TRUTH

Over the years I've found that Visioning is the most powerful way to create a dream life. I see it over and over personally and in my coaching work.

A New Year's visioning starts with looking back at the past year. What worked? What didn't work? What was an absolute flop? The first year my husband and I added this element to our New Year's' visioning we had a completely different feeling about the future as well as the past.

By taking time to recap, we can see what we've created, what we've learned and all that comes with a full life. We can look square on at our successes as well as the things that didn't work as planned - not to beat ourselves up, but to see the truth. Often those "failures" were not even our own ideas but things we thought we should do.

There's nothing like starting from the truth. By accepting what's true, our minds don't use less than favorable experiences against us for the next million years! You turn off the mind chatter that chides, 'Loser; you never follow through. Things never work out for you. Why try? Just take what comes, and you won't be disappointed.'

We are always evolving as humans. We learn as we go, but carry all that has come before into each year. Once we know the truth of the past, we can look forward to the future and what we really want. We can listen to our own inner wisdom instead of what others think is a good goal or wish.

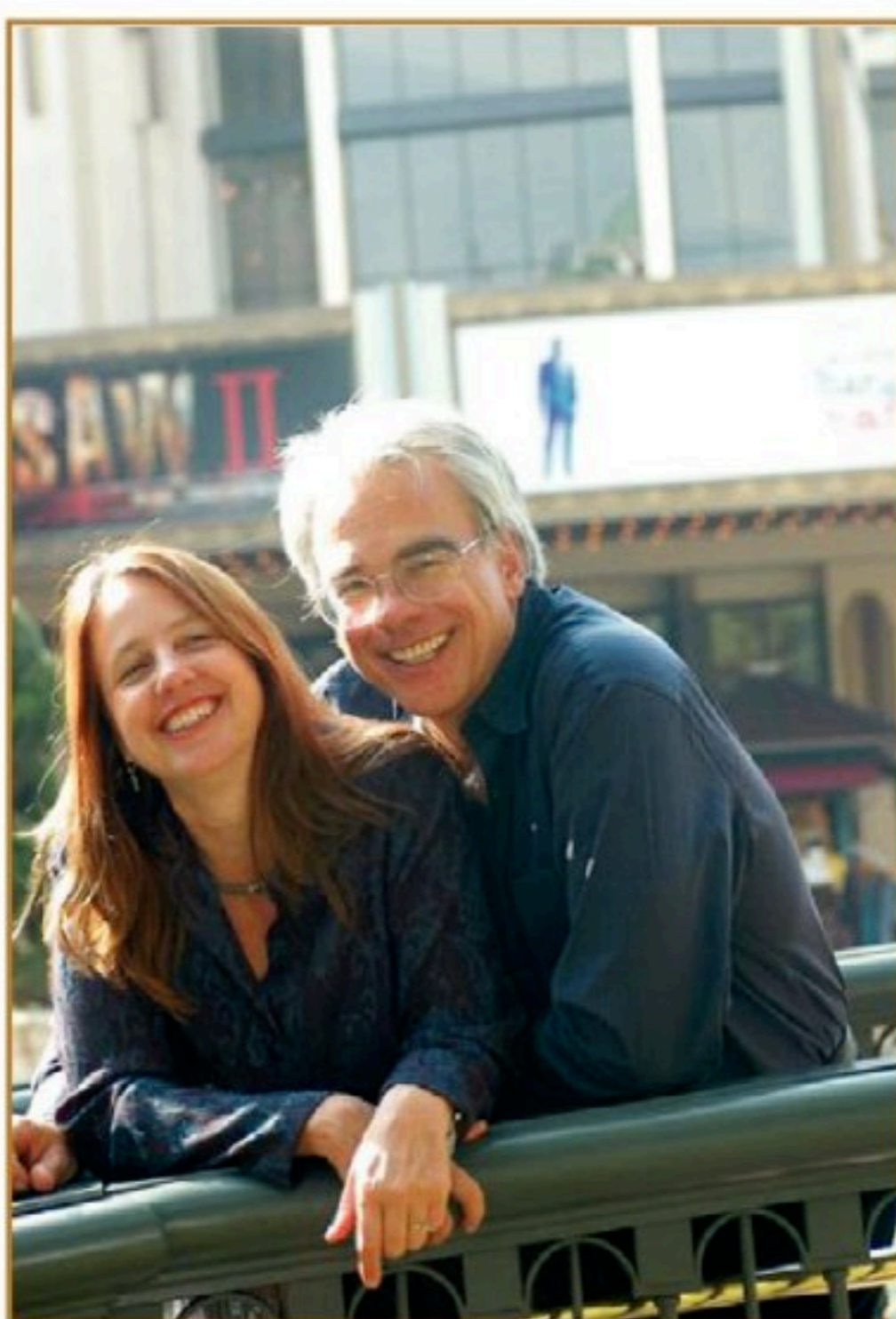
#### DOUBLE VISION

The funny thing about visioning is that though its premise is to look to the future, the truth is that it impacts us immediately in ways we don't expect. One of my favorite experiences with this was working with a young couple that was getting married. I had them each write a separate vision story about how they wanted their lives to be in ten years. I also had them create a vision board collage with pictures they found together in magazines, newspapers, mail, photo albums, etc. so they could have both words and images as their guide.

They were delighted to discover how much they had in common in the future stories and, just as valuable, they marveled about the things they each found to be important that just never came up in everyday conversation.

The bride was so animated about their future dog, that just a week later the couple bought a bird (the only animal allowed in their apartment building) to fulfill her need to nurture a pet.

In the five years since their wedding, the couple reported back to me on their vision that they've made a reality and the joy that brought them both. They not only have the circumstances they hoped for, but more importantly, they have confidence in their relationship's ability to collaborate.



#### QUANTUM VISION

Visioning is a logical and mysterious process. The University of Chicago conducted a study years ago, during which three groups were observed while shooting basketballs. The first group practiced and practiced every day for a month. The second group didn't practice or visualize at all. The third group only did visualization exercises, imagining themselves sinking the ball perfectly. What did the study find? The first group improved by more than 20%. The second group did not improve at all. And the third group improved almost exactly as much as the first team! It seems our minds don't know the difference between imagining and reality.

When I did my first visualization, I was amazed at how much information I got about my so-called

future life. What was even more amazing to me was how it materialized. Is that because I saw events and circumstances unfold in my vision, which inspired me to work to make them come true? Or do we really have some idea of what is coming just underneath the surface of our conscious mind?

Now we're tapping into quantum physics. As you may know, scientists on the cutting edge are proving that time is not the linear experience we think it is. We can influence the past, and the future can have an influence on the present.

#### A GLOBAL VISION

Though wonderful as an individual pursuit, this visioning process gets even better when we do it in partnership. Take it out a step further. Visioning is a powerful way to bring about change on a community and even global level. When we take time to look at the failures, mistakes and sadness we feel for what is going on in our world without judgment, and from there create a vision of something positive, we not only set in motion our own actions, we can also inspire others.

A few years ago, an experiment was conducted in Washington D.C. where 4000 people, gathered from all over the world, meditated with the intention

of bringing peace to that city. The crime rate dropped by over 20% during this time period. Imagine what's possible when more people focus on a new and wonderful possibility for the world instead of fixating on what's wrong.

So whether you are inclined to take on a personal quest or put your attention on a bigger slice of life, consider slowing down this time of year to see what is here. Include some downtime in your plans. A Visioning that is intentional, creative and fun is the perfect kind of New Year's' ritual. It's a good time to go away, to get a new perspective, reassess, and to "vacate" daily routines. Take a step back, and give yourself the luxury of open time to allow what is old to be cleared away and invite a NEW vision to unfold.

**RADICAL RELATIONSHIP RECIPE**

*New Year's Vision*

Here are the basics for creating your own:

1. Take out some paper and pen, or set up in front of your computer.
2. Imagine that it's a year from today. What is going on in your life? What are you doing? What have you completed? What are you starting?
3. Imagine your life just the way that you want it and start writing. Just let it flow. Use present day terms like, "I'm really loving this new pottery class." Or "I'm so happy that I took the time to visit my sister three times this year."
4. Pay attention to how you feel, and don't focus too much on results or grand plans. Just write the things that delight your soul.
5. Most of all, don't take it too seriously. There are no rules here. You can't do this "the wrong way."

A Vision Collage works much the same way. Instead of writing or speaking words, use pictures – your own photographs, sketches or images you cut out of magazines, or a combination of all three.

*Kat and Curtis Knecht are a married couple and co-owners of The Relationship Coaching Company whose mission is to uplift the human spirit. They have a variety of services designed to do just that, including Marriage and Family therapy, personal and business coaching, retreats and presentations. Kat and Curtis also offer a unique mixture of books, products, a transformational card deck and The Partners in Paradise Radio Show. Their show airs on Saturday afternoons from 3:00-4:00pm on Ventura's own KVTA 1520AM. Join in their weekly conversation to discover what creates fulfilling relationships – at work, at home, in communities and in the world at large.*

To find out more, go to [www.RelationshipCoaching.com](http://www.RelationshipCoaching.com) and take their weekly radio survey or send them your own relationship questions.

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