

Take This Deep Dive and 'Vision Trip' to Thrive in Life

A lack of vision for your life can be a leading cause of depression and a nagging sense of failure. The same can be true for your most important relationships, including your marriage, family and friendships. And, while we all know it's important to have a clear vision for our lives, our struggle comes with developing and refining that vision. Maybe it's time for you to revisit your life vision, along with your lifetime and long-term goals. It could be the very thing you need, especially at this particular time in world history, when we've all gone through so much.

Here are a few great questions to ask yourself when it comes to renewing your life vision and goals:

- If I don't make any significant changes in my life, would that be a good or bad thing for me? What might my life look like in three, five or 10 years if I don't make changes now?
- Do I have written goals for my life that inspire me to be all I can be for God? If not, why not?
- Do I have two or three people who I can ask to help me reach my greatest potential? Who among my family or friends can help me focus on achieving my goals?

One of the best ways to spark significant change in your life is to go away on an overnight "vision trip." A vision trip is not a vacation. It's a time when you do the hard work of examining where you are in life. It's a deep dive that will help you thrive. It's where you walk through the seven areas of life and explore how you're doing in each of them, with a plan to improve as best you can.

Here are the seven areas of life: spiritual life, relationships, health and fitness, finances, career, education, and rest and recreation.

What will your future self be like five, 10 or more years? Isn't it time to be intentional with the only life you'll get this side of forever? Going away on a vision trip, where you evaluate each of the seven areas of life, may be the very thing you need in order to move forward.

Go for it. You have nothing to lose and everything to gain!

To go deeper, catch the companion podcast. Episode 30 of the *Courageous Nation* podcast on the Charisma Podcast Network is called *The Importance of Vision Trips, Part 3*. It will help you create and refine your life goals so that you move forward more easily. You can enjoy the video version at [\[link\]](#), and the audio version on the Charisma Podcast Network, iTunes and Spotify.

Get inspirational texts from Mike during your week! They'll help you maximize your potential, crush your goals and live with courage. Just text "Hi Mike" to (917) 724-0964. {eoa}

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