4 Steps to Manifesting Your Authentic Vision and Living a Passionate Life

Helen Valleau
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A Note from Helen:

Growing up, I learned three valuable lessons from my mother.

1. Do what you love.

2. You can be anything you want to be if you just put your mind to it.

3. Be yourself. Don’t follow the crowd.

How could I not believe my mother? She was one of the few Moms of the 1960s and 70s who followed her high aspirations all the way to the top – landing a career as a pilot. Born in Lindsay, Ontario, in 1922, Molly Reilly tried to join the Royal Canadian Air Force, but the force didn’t let ladies into its ranks until 1941 when it founded a women’s division. She enrolled as an aerial photographer. Earning her pilot’s licence after World War 2, Mom took a job flying Douglas DC-3’s and twin Beech aircraft for Southern Provincial Airlines. By the late 1950s, she became the first female in Canada to be promoted to the position of captain.

Mom, who stood 5’1” tall and weighed just over 100 pounds, spent many years flying to major oil fields in western and northern Canada. She even ventured into remote destinations in the Arctic. Flying was her passion!

One time, I remember teasing her, telling her she was a women’s libber and that she should be out with all those other women burning her bra. Mom looked me squarely in the eye and replied; “I fly because that’s what I love to do. I don’t have anything to prove to anyone.”

Nevertheless, her excellence in the skies didn’t go unnoticed. Mom was awarded the Amelia Earhart Medallion and inducted into Canada’s Aviation Hall of Fame. After retiring with an unblemished safety record, she passed away in 1980.
I have never forgotten her words, her passion, and her quiet determination. Today, I can proudly say I have followed her lead and honored her memory by living a fulfilling and passionate life. I have always listened to my heart and done what I have loved to do.

It is my sincere desire to share this knowledge with you in the pages of this ebook. I want you to challenge yourself to dream big and to live with joy, purpose, and passion. I want you to say, “Yes!” to the infinite possibilities that are available to you.

You have a unique purpose for being here. Simply open yourself up to discovering your gifts. There is no need to compare those gifts with anyone else’s. Each one of us is a unique and individualized expression of life. We each have an abundance of space, time, and resources to express our purpose. It is your responsibility to keep the channels open, listen to your heart, and take action. Rise higher than you could ever have believed possible. Live your life with dignity, integrity, authenticity, and grace.

Love and Light,

helen valleau

The miracle of our vision is that each one of us brings something beautiful to the world.
Kind Words for Helen

I always knew that my unique ability was in servitude but it was through Helen’s guidance that I could give it a name. Helen aligned my thoughts and spiritual cognizance such that when posed with so many options, I chose from peace and faith. Thank you Helen.

~ Madonna B.

Thank you for creating the workbook, A year of possibilities! After completing the Hoffman Process a few years ago, I had been looking for a guided journal to help foster a commitment to living more divinely. Your book has nurtured a focus in me I never knew existed.

~ Christie S.

I really love your new book, 100 Minutes of Inspiration – its part of my daily routine to read one or two pages now - I’m on my second time through the book! Helps me start my day from the right place - so thanks!

~ Kelley C.

Helen is a lovely, gentle person yet her message is strong. She makes me believe what seems impossible can become a reality if I follow my heart and my vision. Every morning I follow a chapter of her A year of possibilities book. I then feel grounded and ready to take positive action toward my dreams. I highly recommend Helen."

~ Cathy S.

As a lighthouse firmly rooted on solid ground, 100 Minutes of Inspiration provides focus and clarity to help navigate the ebb and flow of daily life. Helen Valleau’s work is clear and potent; a guiding light that steadily reminds, invites, and inspires one to live on purpose and with purpose. A powerful tool.

~ Judi Bechard, The Clearing Experience
Having read Helen’s book, A year of possibilities, I eagerly looked forward to hearing her inspiring message in person. Empowering! Helen is a captivating speaker whose passion for helping her audience create their own unique vision is evident and powerful! I left inspired, full of hope and possibilities!

~ Cheryl W., Director, Pinewood Natural Health Centre

I have used Helen’s book personally to bring my emotional quotient up to the place of being able to vision and see the action steps required to manifest; not only have I felt a tremendous shift in my own career path but also the personal connections in my life.

~ Dr. Michael Rahman, BSc, N.D.

I feel blessed to have worked with Helen. As a person, she is beautiful, loving, compassionate, and wise; always there to pick me up when I need her help. With 100 Minutes of Inspiration, I’m 100 percent certain she’ll do the same for you.

~ Glori Meldrum, Founder and CEO

I’ve been on this journey with Helen and A year of possibilities for five months now – and I’ve never experienced as many “a ha!” moments in my entire life! Thanks Helen – you are changing lives!

~ Kelly C.

I am thrilled to be using your book, A year of possibilities. Re-reading my wins over the last few months and seeing some small but also substantial changes that were positively affecting my life, brought me to tears. It is high time that I thanked you for this.

~ David VanStolk

Helen is a Wisdom Teacher who offers gentle guidance in these inspirational pages whatever your spiritual path, religion, or background.

~ Deborah Hall Founder and CEO, Calm Today
Why is it important to have a vision for your life?

You have the ability to create an extraordinary life filled with passion and purpose. So what are you waiting for? Did you know that your odds of winning a lottery are about 1 in 14 million? And are you aware that roughly a third of all lottery winners lose their money within the first five years? So maybe the lottery isn’t your best bet!

Did you know that your ability to create a vision for your life and to live with purpose and passion is within your reach at any time you choose? And your chances of losing it are pretty much nil.

I heard recently in an interview that one third of Americans are dissatisfied with their lives. They wake up wondering, “Is this all there is for me? I didn’t realize that being an adult was going to be like this.” Are you asking yourself the same soul-searching question? Have you have grown tired of who you are? And are you tired of the excuses you make for not doing something different?

There is something inside of you that is greater than what is being expressed on the outside right now! Yes, there is a unique passionate life awaiting you as you discover your purpose, create your vision and begin a journey brimming with love, joy, peace, and abundance. All you need to do is get out of your own way.

Every single person on this earth has a purpose for being here. Everyone has something of value to contribute to the world. And the best way to find that purpose and make that contribution is by creating an authentic vision for your life.
How do you do that?

Ask yourself if you are fulfilling your purpose and living a passionate life? As human beings we have an impulse to create. This is our natural state of being. Fulfilling our purpose and living in passion is what keeps that life force flowing. We all need new challenges and experiences.

Having great ideals and setting your sights high will also help you to build a vibrant, passionate, and purposeful life. But the truth is, none of us will rise higher than the vision we hold for our lives. The creation of all great things begins with a vision.

Create your vision with integrity, respect and authenticity. If you settle for less, you will receive much less than you settled for. And you will become just another one of those unhappy people who are just going through the motions of life.

Your vision for your life is your personal concept of your own highest potential, possibility, and purpose. Your vision is composed of clear mental images, strong affirmative feelings, and an intention to create something loving and passionate.

Through seeking your vision, you are actually expressing your purpose for being here. When you don’t have a vision, you end up getting life by default. That means life just happens to you. And you could wind up feeling like a victim. Always be aware that you are creating, whether you are conscious of it or not. What you are experiencing in your life at this time is a reflection of your conscious and unconscious beliefs.

**TIP: Be a giver to life.**

How often do you wait to receive before you feel you can give?

You must give in order to receive.

Make a note to give of your time and talent.

Your life vision is a blueprint that you draft from your Spirit. Your life vision comes from your essence within. And that essence is an energy system within you filled with vitality, wisdom, and strength that propels you forward toward what you can be, what you can do, and what you can experience in your life.
Creating Your Vision

Start by getting clear about what you don’t want, need or desire in your life any more. By letting go of what you don’t want, you create space for what your heart truly desires.

Next, get in touch with some of the dreams you had as a child or young adult. Dreams begin at an early age and are important keys to what you are truly passionate about. What did you dream of doing when you grew up? What excited you? Perhaps you enjoyed pretending you were a super-hero, a princess, a teacher, or an astronaut? What did you feel as you played that role?

If you can’t remember from childhood, think back to when you were a teenager or a young adult. Everyone had something they dreamed about doing or being as a child, teenager or as a young adult.

These imaginary roles and the feelings they evoked in you are clues to what makes you happy. And remembering them can help you to make choices today. For example, if as a child you loved pretending to be a superhero, that’s a clue that you enjoy feeling powerful and helping others. Perhaps your purpose in life involves working to help others. Ask yourself the following questions and as you answer them, be in touch with some of the feelings your answers evoke in you.

From Childhood:

- What were my dreams as a child?
- What did I love to play as a child?
- What made me feel special as a child?
- What types of stories did I like to read?
- What kinds of adventures did I enjoy?
- What did I say I was going to be when I grew up?
- What games did I enjoy playing with my friends?
- What was my favorite subject or subjects in school?
- Do I have a special childhood memory?
In Adulthood:

- What makes me feel happy?
- If I could have any experience in life, what would it be?
- What would I like to experience before I die?
- What do I feel when I am helping others?
- In what areas of my life am I a leader?
- What causes do I stand for?
- What would I most like to change in the world?
- What do people compliment me on?
- What fuels my creativity?
- In what areas of my life do I feel truly authentic?
- If I knew I couldn’t fail, what would I do?
- If I were unafraid, what would I experience?
- What world events make me angry? Anger is a great motivator when used constructively.

Once you’ve identified your purpose and passions, the next step is to create a vision of what your purpose looks and feels like.

Go to my website and download a free visioning meditation: [http://ayearofpossibilities.com/products](http://ayearofpossibilities.com/products)

Your vision is a map guiding you to where you want to go. Like anything new, the more you practice creating your vision, the more you will open yourself up to the infinite possibilities of what a passionate life looks and feels like for you. The more you listen to your heart, the more your vision will expand. Set your intention to be receptive to what is revealed as the next steps in your evolution.

Be sure to write out your vision in the first-person present tense, affirming it is already manifested.

Next, turn your vision into achievable goals, projects, and actions. There are four steps to manifesting your authentic vision. In my workbook, *A year of possibilities*, you can track your vision and mark your successes along the way. This is a wonderful tool to support you in taking action.
4 Steps to Manifesting Your Authentic Vision

Step 1 Affirmation

“Someone may first take interest in spiritual practice to improve her life. But practice doesn’t just improve your life — it also newly defines the meaning of your life.”

~ John Makransky

Affirm daily that you have the power within you to create your vision and live the life you desire. This practice will support you in shifting out of negative thought patterns and keep you focused on taking action on your vision. The most potent and participatory way I know to affirm and manifest your desires is by using daily affirmations. The premise for affirmations is that we live in a Universe that is in consistent unity, wholeness, and goodness. It is the Creative Source, a field of infinite potentiality, omnipresent, omni active, and within you. You are a unique and individualized expression of this Divine energy.

Your thoughts are energy. Consciously or unconsciously your thought patterns create your life. Your thoughts are like a magnet and you have the mental power to attract and create whatever you desire. The stronger your conviction and the more you affirm your infinite potential within and all you desire to manifest, you will form new habits in your thought patterns. These new thought patterns change how you feel about yourself. You will then take positive action and thereby create more positive results. It takes practice, persistence, and patience to discipline your mind. Remember, you have had years of thinking and living your life in a certain way. Through affirmations you are exercising your brain and teaching yourself to think and respond differently.

In my workbook, A year of possibilities, 365 simple action steps to make your life a masterpiece, there is a daily affirmation for you to recite.

TIP: Each day, create a Spiritual Practice by connecting to the divine energy of the Universe. Try meditation, journaling or walking in nature. They are among the many wonderful spiritual practices.
Step 2  Take Daily Action

"You are at a choice-point in every moment of each circumstance, each activity, spoken word and thought."
~ Michael Beckwith

Once you have your vision, you’ve got to take action. Do what is yours to do each day. Any action step is better than nothing at all. It’s what I call tapping into your activation energy.

Your mind might give you all kinds of excuses as to why you don’t need to take action; you are too tired, or you had a late night, or you’re too busy and overwhelmed, or you just don’t have enough time. These excuses are nothing more than habitual thinking and they will keep you stuck creating the same negative effect over and over again. Letting them rule your life could turn you into a victim.

Once you have your vision, it’s time for you to expand your idea of who you are and embrace a very important, fundamental truth - you have the ability to create the life your heart desires.

_TIP:_ Tonight, set your alarm.

When it rings in the morning, don’t hit the snooze button and lie there letting your mind run amuck with thoughts about feeling too tired to get up.

Throw the covers off, stand up, and affirm out loud, “Today is a beautiful day, thank you for this day! Today, I am...”

Then name whatever action step you intend to do.

By doing this, you are retraining and hardwiring your brain to focus your thoughts on taking action.

If you are unsure of what action step is most beneficial for you, ask your heart what serves your highest and best good. You always have the answers within. All you need to do is ask yourself what you need to do today to take action and move towards your vision.
Step 3  Gratitude

"We can only be said to be alive in those moments when our hearts are conscious of our treasures."
~ Thornton Wilder

Say “thank you,” authentically, and from your heart. “Thank you for this opportunity, thank you for this experience, thank you for this moment in time, thank you to myself, thank you to my life, thank you to my family and friends who are supporting me.”

You will feel thankful when you say thank you. Be grateful for all that you have right here, right now, today. Be grateful for the journey. Be grateful for the opportunities that come your way.

This energy of gratitude vibrates at a high level and it will support the activation energy that you are creating.

*TIP: Practice feeling grateful for the sake of feeling grateful.
This will elevate your vibrational energy.*
Step 4  Letting Go of the How

“There are times in life when people must know when not to let go. Balloons are designed to teach small children this.”
~ Terry Pratchett

Let go of how the journey evolves and expect great things. How many of you say to yourself, “Oh my, if I do this, I’m afraid that”...and you expect the worst in your life?

Let go of how the journey evolves and open yourself up to receiving greatness by expecting greatness. Be open and learn to receive. How often do you set something in motion and then waste time in your head trying to figure out all those little details about each and every aspect of how everything should unfold?

The moment you do that, you constrict the flow of abundance. Let it go! It is not your job to figure it out the how. You have created your vision; you’ve aligned yourself with the infinite potential of the Universe. You have taken action. You have expressed gratitude. Now let go of the how. Expect and command greatness and be ready to receive.

When you go out to a restaurant for dinner with your friends or with your family, you are going out to have a good time. You look at the menu and choose what you will have, anticipating your wonderful meal. After the waiter takes your order, you laugh and talk with your friends and family. You don’t get up out of your chair and walk back to the kitchen to ensure the chef knows how to cook your dinner properly. No, it’s not your job to make sure that the chef knows how to cook your dinner. Your job is to receive the great meal, and enjoy yourself. If you do not enjoy what you ordered, you can simply order something else.

That is your choice. It can be a circuitous route to living our vision, yet when you open yourself to receiving greatness, you shall receive greatness. You will also start acknowledging the gifts in every experience that you have. Then you are living a life of purpose and passion.

TIP: Start expecting only greatness in your life.
How often do you fear the worst?
When you command greatness, you will receive greatness.
Let go of any attachment to what the greatness may be or how it reveals itself.
Bonus: If you want to manifest your vision, you must understand these three *Laws of the Universe*.

1. **Focused thoughts are more powerful than unfocused thoughts.** What you focus on, expands. Be aware when you start to speak, think, or act in a destructive manner. The Law of Cause and Effect is always in operation.

2. **Be authentic and true to yourself.** Despite what is going on around you, listen to your truth. Many people will want to give you advice or tell you that you are crazy and your ideas won’t work. Keep your vision to yourself and share it only with those who support you unconditionally. The more you contain your vision within you, the more energy you harness to manifest it. Don’t let the energy leak out to people who will suck the life out of your vision. You must remain true to yourself, stay in integrity, know your personal values, and take action that serves your highest and best good. Always act from love and authenticity.

3. **The Universe does not create from precedent.** We are the ones dragging our negative history into the present and using it as evidence against ourselves. The Universe does not care what you did last year, last month, or a week ago. You can have a clean slate at any time. The Universe is infinite love and light. It does not recognize guilt. Guilt is a human condition. A mistake means missing the mark. Take responsibility for the consequences of your past mistakes and forgive yourself. Forgiveness means giving new life to yourself. The *Radical Forgiveness Worksheet* is an effective method to forgiveness.

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Your beliefs become your thoughts
Your thoughts become your words
Your words become your actions
Your actions become your habits
Your habits become your values
Your values become your destiny
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*Mahatma Gandhi*
Wrap Up

There you have it - The 4 Steps to Manifesting Your Authentic Vision and Living a Passionate Life. This book includes tips to create a daily spiritual practice. It tells you how to shift out of negative thought patterns and create new beliefs about yourself. It also explains how to utilize the Laws of the Universe.

Of course, there is always more to learn. All of us have many unconscious thought patterns to be discovered and transcended. We all need more techniques and practices to use as we forge ahead on life’s journey.

Spend some time digesting this information and use some of the tools and techniques listed in this book. Practice, persistence, and patience. These are the keys to moving forward. Then listen to your heart and you will know what your next steps are.

Invest in yourself. You are worth it! You have unique gifts to give to your world. You can contribute in a loving, constructive, and beneficial way that serves the highest and best of all humanity.

I choose to have my vision become my destiny!

And so it is!
About Helen Valleau

*Speaker, Author, and Coach*

Since 1995, Helen has been a Supervising Teacher with *Hoffman Institute of Canada*. While teaching, coaching, and co-creating workshops, a passion for visioning ignited within her. By using the tools described in this book, her life became better than she could have ever imagined.

In 2007, after receiving a calling to ministry, Helen began studying at the *Centre for Spiritual Living* Toronto. She discovered that the centre’s teachings are both a confirmation of how powerful and precious we all are, and an awakening to the power of *Affirmative Prayer*.

In 2010, Helen published a visioning workbook: *A year of possibilities*. The book offers a variety of ways that people can work with her to achieve their dreams.

Her second book, *100 Minutes of Inspiration*, offers short, easy-to-read, daily reminders that have the power to change your life.

In 2010, Helen released a series of *Possibility Movies* - meditations for the mind and spirit using images, music, and affirmative prayer.

Helen lives in Toronto with her husband, daughter, three cats, and a dog.
What is Helen Known For?

**Inspiration** I will help you uncover and discover your purpose. Together, we will create your authentic vision and map out your beneficial action steps.

**Intuition and Ability** I will help you dismantle the negative beliefs about yourself and develop a powerful mindset so that you feel empowered to take action.

**Passion** I will help you believe in your abilities and personal power. And I will help you tap into a passion for life that is palpable!

**Tools** I will give you tangible and concrete tools and practices that you can use to expand your consciousness and discover your unique contribution to the world.

**Motivation and Enthusiasm** My passion, enthusiasm, and commitment will motivate you to integrate the tools and practices that will support you in living your extraordinary life.

A Toltec is an artist of Love, an artist of the Spirit, someone who is creating every moment, every second, the most beautiful art - the Art of Dreaming.

Life is nothing but a dream, and if we are artists, then we can create our life with Love, and our dream becomes a masterpiece of art.

*From Mastery of Love by Don Miguel Ruiz*
Work With Helen

Are you ready to:

- Experience clarity about what you truly desire?
- Discover the essential building blocks for creating what is meaningful to you?
- Find the number one issue stopping you from taking action towards your vision?
- Know exactly what action steps will create the life you dream of?
- Feel empowered and motivated to take daily ACTION and become a master at achieving success by applying what you are learning?
- Achieve a sense of achievement and fulfillment?
- Take a leadership position and live authentically?

Contact Helen to set up your complimentary half hour “Get Clear on Your Vision” session, and stop putting your dreams on hold. If you are ready to work with Helen you can contact her directly at helen@ayearofpossibilities.com.

If you are interested in Helen’s books and products click on this link: www.ayearofpossibilities.com/products.