

Vivid Vision AI/ Chat GPT Training & Prompts

Step 1: Copy & paste the prompt below into [Chat GPT](#).

Take photos of your Vivid Vision Mindmap and include them along with the prompt in Chat GPT.

Prompt #1:

“I am creating a 3-year Vivid Vision for my future. The purpose of this document is to paint a clear and Vivid picture of exactly what I want my future to look like three years into the future as if it's already happened (December 31, 2028). I am going to use this document to help others (including myself, my family, etc.) see what I see in my mind when it comes to the future. Also, this will help me remember what my future focus is so I can map out my goals.

We're going to do this in a few steps.

#1: Please take the photos below and transcribe them into text and organize into the following **5 Pillars of the Personal Vivid Vision**

- Health (Physical, Mental, Emotional, Spiritual)
- Relationships (Partnership, Family, Friends, Community)
- Personal Wealth (Income, Investments, Time, Giving)
- Business (See above + Mission)
- Lifestyle (Location, Travel, Hobbies)

Prompt #2:

Great! Now take the text above and turn it into my “future story” aka my Vivid Vision.

Make sure to paint the picture using visual language that makes it easy to see, hear, and understand. Use present tense or past tense language, to communicate it as if this future has already happened.

Use the following ‘Headers’

5 Pillars of the Personal Vivid Vision

- Health (Physical, Mental, Emotional, Spiritual)
- Relationships (Partnership, Family, Friends, Community)

- Personal Wealth (Income, Investments, Time, Giving)
- Business (See above + Mission)
- Lifestyle (Location, Travel, Hobbies)

The entire document should be 5-7 pages in 12-page font. Don't use fluffy language. Use affirmative language throughout. Make sure to update for spelling and grammar.

[Add the style, voice, and tone you want. Example: *“Keep the voice and tone from the content below similar when you write it. Make it uplifting, clear, conversational, and confident. Write it in a 6th grade reading level”*]

If you have follow-up questions for me around specific sections, please ask me and I will clarify.

Step 2: (Optional) but HIGHLY recommended, use the “audio recording button” to record a mini Time Machine exercise and include so it has more detail to work with.

Step 3: Provide feedback to Chat GPT to help refine and improve your Vivid Vision copy until you get something you love.

Examples:

- Make sure to PAINT THE PICTURE and TELL THE STORY and EVOKE EMOTION.
- “Make each section 40% shorter without removing the important details.”
- “To clarify, in X section, include the following information...”
- Give me feedback on whether there are any areas of my vision that you believe aren't clear enough, and ask me follow up questions to help me gain greater clarity.
- Give me feedback on if there's any aspects of my vision that are conflicting with each other, and ask me follow up questions to help me gain greater clarity.

Step 4: Copy & paste your Chat GPT draft into a Word Document or Google Doc. You can refine and shape it as you desire :)

That's it!

Your Next Steps This Week:

1. Complete The Written Word of your Vivid Vision (Decide Personal or Business. Do ONE first)
2. Submit It To Receive Feedback - Link below

- a. <https://forms.gle/aksmp8Yi4uFLvj2f7>
 - b. ****Important note****
 - i. Google Doc or Microsoft Word Document only.
 - ii. The deadline for us to be able to review your Vivid Vision is June 11th, 2025. *Please note - If you submit your copy past the deadline or incorrectly, it won't get reviewed. No exceptions.*
 - iii. *We will email it back to you within 10 business days.*
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Categories For Business Vivid Vision

11 Pillars of the Business Vivid Vision

- Core Values
 - Team & Culture
 - Operations
 - Offers (Products & Services)
 - Sales & Marketing
 - Mission & Impact
 - Community Involvement
 - Media & Awards
 - Financials
 - Office/Headquarters
 - Coaching/Education
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Categories For Personal Vivid Vision

5 Pillars of the Personal Vivid Vision

- Health (Physical, Mental, Emotional, Spiritual)
- Relationships (Partnership, Family, Friends, Community)
- Personal Wealth (Income, Investments, Time, Giving)
- Business (See above + Mission)
- Lifestyle (Location, Travel, Hobbies)