

INTRO: Hi, I'm Tiffany and you are listening to The Legacy Lounge podcast. If you are a high achieving, mission-driven entrepreneur who wants to elevate your income, impact, and influence, you're in the right place.

I left my corporate career as a creative director for Fortune 500 brands to create a legacy with my work and to support entrepreneurs to do the same. I'm not talking about having your name on a building or statues in your image. I'm talking about leaving behind a positive impact and creating something enduring that can be passed on. You pour your time, energy and passion into your business, so let's make sure your efforts will create a ripple effect that reaches far into the future.

Each monthly series will guide you through the business leadership and life skills you need to successfully leave a legacy that stands the test of time, and each episode is totally valuable on its own. We are here to provide you with the tools and ideas to make massive shifts and quantum leaps in your business, transforming you from entrepreneur into legacy brand.

So sit back, relax, and let's get into today's episode:

TIFFANY: Hello and welcome to episode three of The Legacy Lounge Podcast. Three is my favorite number, and I'm super excited about this episode.

If you're new to the podcast, I want to fill you in on the structure! Each month has a theme. Of course, this is the first month of the podcast, and our theme is Legacy. (That would only make sense, right?)

The first episode is all about the podcast, the reason for the podcast, how it's going to play out, why I'm so excited to have you on this journey, and a little bit about me, your host, Tiffany Neuman. All of my episodes, other than when I interview Legacy Leaders, which will be coming up in our fourth episode, are pretty short, actionable, and easy to digest.

In my last episode—episode two—we actually had you create a vision and set some goals for your legacy. Now, in order for you to take part in this legacy vision casting that I'm going to be walking you through today, you need to have these specific goals in place. I promise you, it's totally worth it.

If you have your goals in place, keep listening. If you don't, I urge you to go back and listen to episodes one and two, and then join me back here.

Let's go ahead and get started: my wish for you is to really stay in the collective energy of your amazing vision for the long term.

First, I just want you to recall what vision you created and the actionable goals that you broke your vision down into. Upper limits, doubt, fear, and worry are all things that may come up to pull you back from your next level and toward what's safe and familiar.

For instance, you may be saying right now, "Well, I know my vision...."

...I want to be a best selling author."

...I want to have a best selling podcast."

...I want to impact thousands of people."

"That's awesome. But I can't figure out the goals to get there. Tiffany. We didn't spend a lot of time on that!?"

That's okay. Really, I'd love for you to sit with that and think a little bit further. Actually, we're going to be talking about that next week with my amazing guest expert where we'll be telling you a little bit about how to create goals. If you are still stuck on that piece, it's all good. Know that the vision is the most important piece for today. If you feel like your goals are not amazing, it's okay. Release that worry.

What we focus on is going to grow and expand. If you're focusing on what you don't want or what's going wrong before you know it, it's the opposite of what you want, right? You're experiencing the frequency of how you're operating.

What we want to do today is starve any doubt, and harness the belief that your vision and your legacy is absolutely possible. You are here for a reason. We do not want to give any energy to the problem. Of course, we don't want to stuff it down either. But staying focused on the solution, who you want to be, and what legacy you want to leave? That's where the magic happens.

If you're not operating from belief, you're operating from doubt. Those two things cannot operate in the same space. Let's choose to harness the belief in who you are and what you want to create. I want you to have a purposeful, intention moving forward.

Comparison, doubts, or anything negative may come up and you might feel like like this legacy, this vision that you want so badly, doesn't seem possible. I want you to know that those thoughts and ideas are coming up so they can be cleared. This is common. We have upper limits. We all have doubts. Everybody that you look up to and people who leave a legacy go through the same thing.

I'm here to walk you through a powerful vision casting that will stand as an anchor for you to revisit whenever that disbelief arises.

Feel free to come back to this episode and relisten to it and really let it ground you in your legacy and integrate it into your life and your business.

VISION CASTING EXERCISE: Here's the first step: When you're ready, close your eyes. There is no right or wrong way to do this. Release any expectations. If you're thinking that this is just weird or maybe you've never been guided through anything like this on a podcast, you should know that I like to break rules and you'll be the first to do this with me.

What I want you to do now is to go back to the vision that you created for your legacy of all the things you wish to accomplish.

With your eyes closed, I want you to think about the last thing that has to happen so you know it's happened—your vision is now your reality. Bring up that moment in your mind's eye. Visualize the moment when you know that vision has come to life.

What will you see, hear, feel when you know you've achieved it?

Perhaps it's the amount of money in your bank account. It's the number of people that you've impacted. Maybe it's the number of days you have off a year. Maybe it's the moment when you purchase a new home or go on a massively, awesome vacation.

With that moment in mind, I actually want you to step into the moment, looking through your own eyes, actually be in the moment, using your imagination.

Now say, "I know this will happen. It's simply a matter of time."

Let's make this feel even better. We want to increase the brightness, make it sparkle. See who you're with and your surroundings. Turn up the volume on the lovely sounds you hear, feel the feelings of excitement, joy, and most importantly, feel grateful.

You're feeling amazing that you have met your goals. Your vision has come to life, and it's even better than you imagined. Imagine the moment and the feeling of knowing the long lasting impact and legacy that you're going to leave behind.

Savor the moment and then go ahead and step back out of the scene and see yourself in that picture. I want you to imagine yourself picking up that picture in your hands. Place the picture with your hands over your heart, still feeling all the feelings. Now we are going to take a couple of deep breaths together to really infuse energy into your vision.

Deep breath in and out. Feel free to use your voice. Really make the exhale sound strong.

Inhale, exhale. One more time. Inhale and exhale.

This is the funky part, but I promise, if you follow through with me, you're going to truly integrate this moment, these goals, this vision, and your legacy, into your life.

Everyone has what we call a timeline. We begin our lives and we end our lives. I'd like you to imagine a timeline of your life. This may be in front of and behind you, or it may be to the left and right of where you are now. Trust your intuition and notice that the future is in one direction and the past is in the opposite direction.

If you're not sensing a distinct timeline, that's okay. Simply know that you have one and stay with me.

Now, with that picture in your hand, I want you to float up above your timeline. Turn towards the direction of your future and imagine that you're floating into your future.

When you sense that you're getting to the exact moment that this picture moment is meant to be, I want you to stop. You may even sense an exact date. Or you may see the vision below you, or perhaps you're not seeing anything. It just may be a simple feeling or sense that you are there. Remember, there is no wrong way to do this. Trust your intuition.

Once you are there, I want you to bless the moment and feel those feelings of gratitude one more time.

Then softly let the picture go and let it drop right into the exact point in the timeline. We're going to seal it there. It's locked into place. From this position in the future, I want you to look back towards the present and notice how the events between this future point and this present moment reevaluate themselves to support that goal all the way back to now.

Take your time and float back along the timeline all the way back to the present moment.

People that you know and people that you don't know will come to assist you and the events are reevaluating themselves all the way back to right now.

Feel that sense of gratitude one more time and when you're ready, take a few more deep breaths, open your eyes, and come back to the present moment.

How was that? You might be thinking, "Who is this Tiffany lady? This feels a little crazy." That's okay. This podcast may not be for everybody. If that was super uncomfortable for you, I'd like you to question it and see how that went for you.

But I know a lot of you are loving it because you sensed your vision. You actually had a taste of it for the first time. It's no longer out there in the ether. It feels more real to you. I urge you to bookmark this episode, come back to it, and any time that you're having a down day,—or even if you're having an amazing day and you just want to be in that vision—come back and I'll guide you through the process.

Being in that energy of your dream, of your vision, of where you want to take your legacy, is going to attract it to you so much faster. As we build our legacy brands what truly matters is the impact that we want to make, not only for others, but also for ourselves. Self love and practicing self love is the only way that you can truly love and serve others. Consider this visualization a gift for yourself today, a gift towards your amazing future.

I'm so happy to give this gift to you. I'm so grateful you're here with me today.

As always, we are launching this podcast, so if you'd like to leave a review, please do so below. I'd love to provide you a Starbucks gift card, on me, so you can enjoy a coffee or tea of your choice. It would make

my day to have more and more reviews, so more and more people know about this podcast and so we can all create a ripple effect together and really make a charge towards our legacies.

OUTRO: That's it for this episode. Thank you for listening to The Legacy Lounge Podcast. Connect with me on Instagram @tiffanyneumancreative I would also love to hear your feedback to see what resonates with you and what you'd like to hear in the future.

If you love this episode, please provide a review and we will be forever grateful. You can always find links and resources shared on the show by going to yourlegacybrand.com.

Remember what you leave behind is not what is engraved in stone monuments, but what is woven into the lives of others. What are you doing today to pour into others and to leave your legacy?