

CALIBRATING YOUR CAREER AND LIFE VISION IS LIKE CALIBRATING BINOCULARS

The diopter adjustment is a control knob on your binoculars. It is designed to let you compensate for differences between your own two eyes. Once you set the diopter, then the two barrels should stay in proper relation. From then on you can focus, just by turning the central focusing knob.



Close your eyes, clear your mind, now open them.



CAREER VISION

Create a career bucket list in your imagination, what would it look like if time or money wasn't an issue? Where would you be working? What would you be doing and why?



LIFE VISION

Imagine your life in the far future, as clearly as you would visualize the rest of your day today or the week ahead. How much time would you have after work for yourself or family?











Turn off your racing thoughts. Take a deep breath. "Reset"





CHECKLIST

-  Focus on a middle-ground object, using the central focusing ring.
-  Focus on your life vision or the point in your future where you want to be, before connecting to the next.
-  Change the lens cap so that you can see through your right eye.
-  Look again, focusing now, on just your career vision.
-  With both eyes open, and staying in the same position, focus on the same object by using the diopter adjustment on the central column.
-  Focus on your vision or the point in your future where you want to be, before connecting to the next.
-  Remove the lens cap and enjoy the matching view through both eyes at once.
-  Now, see and visualize your new career and life vision into the future.

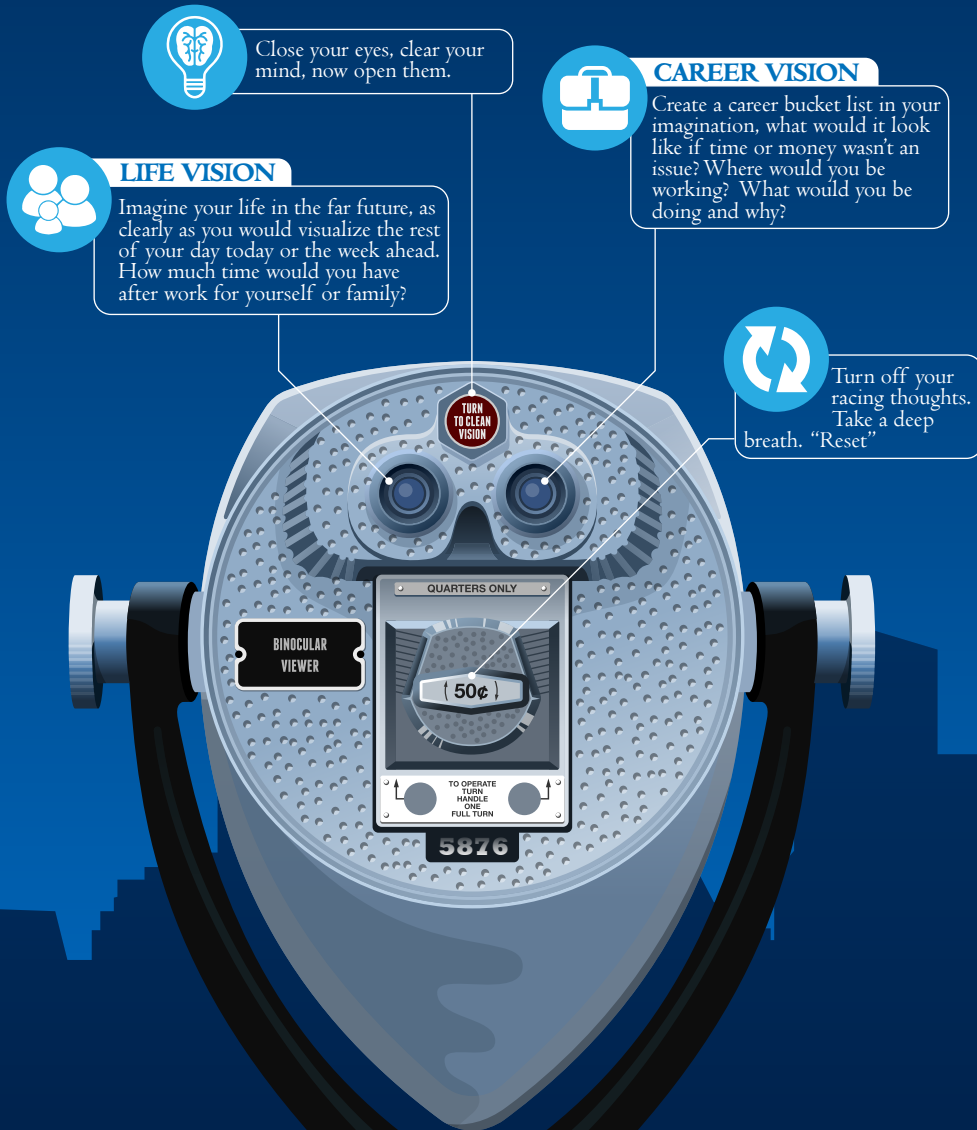
To calibrate the diopter, you must bring the binoculars up to your eyes, open both eyes and place your right hand on the diopter. When this concept is applied to you as a Career and Life Designer, the diopter is your “pause” or reset button (it is normally set to zero); it’s time to adjust. If you turn it prematurely, it makes the binoculars ineffective, as the two eyes can never focus at the same distance, at the same time. You use the binocular’s central focusing knob to focus both barrels at the same time.

Then, to adjust for differences between your eyes, you use the diopter adjustment one time to fine-tune the focus for the right barrel only. Like with binoculars, you just focus on your career and get caught up in your job, or just on your personal life; you don’t close one eye and squint. When the eye is squeezed closed, the pressure on your eyeball temporarily changes its shape and makes it focus differently. That, can throw your adjustment completely off. Keep both eyes open, as you should be aware of your career and life vision (together), both short-term (nearby) and long-term (far away).

From then on, the two sides will stay focused together, whether you’re looking at objects near or far. This applies to your career and life vision, as they need to be assessed collectively and together, to ensure they are always balanced.

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