

Visionary Thinking: Creating a Future Bigger Than Your Past

You were not meant to live on shampoo, rinse, and repeat.

You weren't built to loop the same week, month, and year over and over again like some weird Pinterest version of Groundhog Day.

But if you're being honest... when was the last time you actually let yourself *dream*?

Not a to-do list. Not a mild upgrade.

I mean a full-bodied, goosebump-giving, "this could change everything" kind of dream?

So many women are walking around with futures the size of a sticky note—and wondering why they feel stuck.

Let me tell you why:

Because we've been taught to build our futures using the blueprints of our past.

Instead of designing what's possible, we recycle what's familiar.

What's Holding You Back Isn't a Lack of Motivation—It's a Lack of Vision

Your brain wants to repeat what it knows.
That's how it keeps you “safe.”
So it makes goals based on patterns, not possibilities.

And here's the problem with that:

If the past is filled with burnout, survival, fatigue, broken routines, and not-enoughness...
guess what your future is going to reflect?

More of the same.

Unless—
you decide to think like a visionary.

So, What Is Visionary Thinking?

Let's start here with a big fat contrast: Survival thinking vs Visionary thinking—

Survival thinking sounds like:

- “I just need to get through the day.”
- “What's realistic for someone like me?”
- “I don't have the energy to want more.”

Visionary thinking sounds like:

- “What would light me up, even if I didn’t know how yet?”
- “What’s pulling me forward?”
- “What if I’m just now getting started?”

See the difference?

Vision doesn’t require certainty. It requires permission.

It doesn’t need you to know the *how*.

It needs you to reconnect with the *why*.

Your vision won’t come from your past—it will come from your purpose. And that, my friend, is still unfolding.

One of the Easiest Places to Start? Your Kitchen.

Yes, really.

You don’t need to sit down and map out your 10-year plan.

You can start by deciding that tonight’s dinner matters. That feeding yourself well matters.

That how you nourish your body ***is directly tied to how you create the energy to build your future.***

Because how you feed yourself... is how you lead yourself.

If you want a future that feels rich, grounded, and alive—start with what's on your plate.

This Is Why My Cooking Workshop Is About So Much More Than Food

I'm teaching a live **Cooking Workshop** that's going to help you prep 5 days' worth of nourishing meals in under 2 hours.

Sounds practical, right?
And it is.

But here's the deeper truth:
We're not just making meals.
We're building momentum.

We're reclaiming peace in the kitchen so you can redirect your energy toward what matters outside the kitchen.

We're shifting out of survival mode and into creation mode.

If you're ready to reset your energy, nourish your body, and start showing up for yourself like you actually matter, join me. SavinDinner.com/cook