

Creating the Vision for Your Future:

Get past your thinking mind, past your logic and go into your heart. Where you are exploring deep inside and feeling into what resonates with you. Ask yourself these questions and feel what comes up for you. Even if it seems crazy, write it down. Don't think about it, just go with it whatever comes up.

What is it that feels good to you?

What is it that lights you up, gets you excited, and helps you to feel energized and motivated?

What do you dream about or wish you could have or do in your life?

Where do you ideally see yourself in the future?

What does your perfect life look like to you?

In the future:

Who do you picture yourself being?

Who is it that you have become?

How do you live every day?

What are you doing?

What do you look like?

What do you sound like?

How do you feel inside?