

JOURNAL : PART ONE

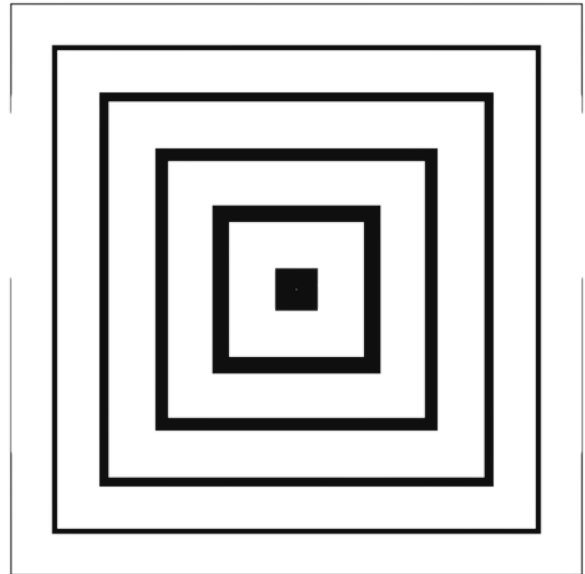
VISIONING SESSION

To set the tone for this visioning session, start by contemplating this question:

WHAT MAKES ME FEEL ALIVE?

CURIOSITIES

- 1] What are my natural gifts or talents? If unsure, consider the things that people often come to you for help with.
- 2] What have I always been good at, even as a kid? This doesn't need to be about an output, it can be a quality you possess.
- 3] What do I love doing more than anything else?
- 4] What did I love doing as a child?
- 5] What makes me smile or giggle?
- 6] What sparks my curiosity?
- 7] What would I love to experience?
- 8] What do I want more of in my life?
- 9] What do I want less of?
- 10] What do I want my life to look like?
(environmental, professional, relational, financial, etc.)
- 11] How would I like to spend my time?
- 12] Do I like a set schedule or a more fluid day?
- 13] What would I like to do with my time? (this can be specific or very broad to start)
- 14] Do I like my work?
- 15] What elements of my work do I like?



CONNECTIONS

- 1] Do I like how I show up in my relationships?
(platonic, romantic, familial, professional, etc.)
- 2] What would I like my relationships to be like, and how could I show up to help facilitate that?
 - a] with my family?
 - b] with my partner?
 - c] with my work?
 - d] with my colleagues?
 - e] with my body?
 - f] with my emotions?
 - g] with my inner voice?
- 3] Do I like to spend time with people or prefer to spend time alone, or a mix of both?
- 4] Do I like a robust social life or more 'me time' on my calendar?
- 5] Do I like the way I express myself to people?
- 6] How would I like to express myself?
- 7] What could I do to practice implementing that?
- 8] Do I like the way I communicate with people?
- 9] How would I like to communicate with people?
- 10] What could I do to practice implementing that?

EMOTIONS & SENSATIONS

- 1] How do I feel now?
- 2] How do I want to feel?
- 3] When did I last feel that way?
- 4] What was going on in my life at that time to help cultivate those emotions?
- 5] What are simple things I can do to help invite more of how I want to feel into my everyday life?
- 6] How do I feel when I feel most like myself?
- 7] What am I doing when I feel most like myself?
- 8] What does my body feel like right now? (sensations)
- 9] What do I want my body to feel like? (sensations)

PHYSICAL SPACES

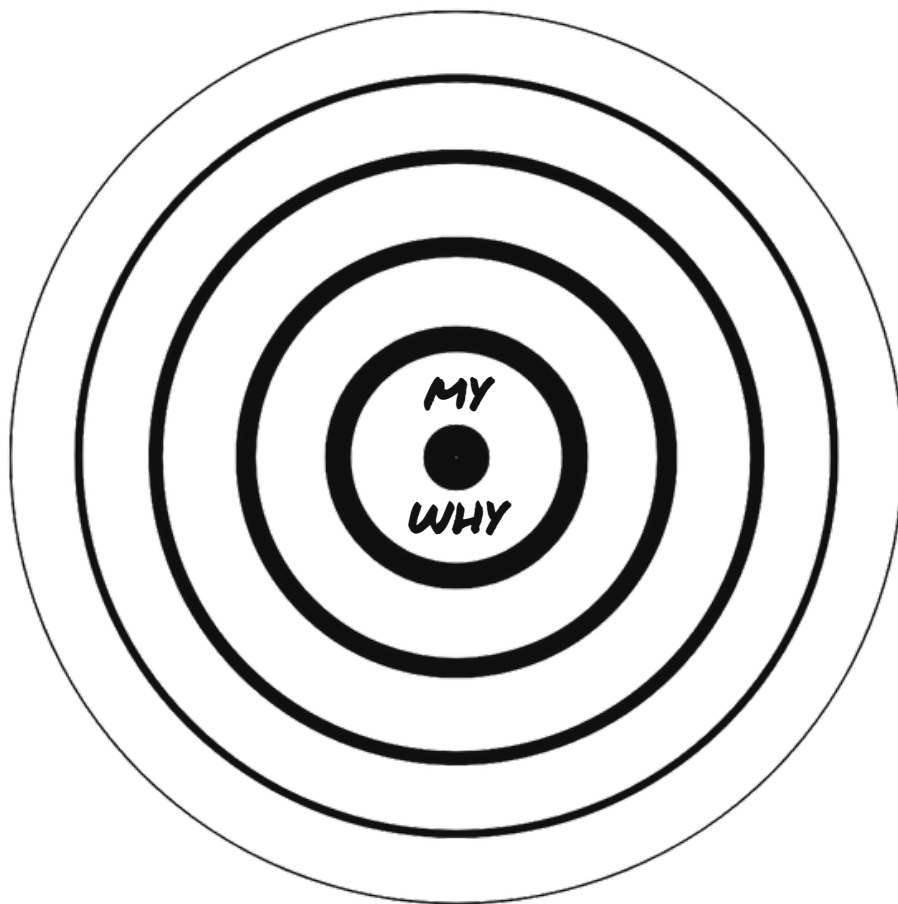
- 1] Where would I like to spend my time?
If you don't know a specific place yet, write about what the place looks & feels like:
 - a] Is the environment cold, hot, humid, seasonal?
 - b] Are you in a city, a suburb, or surrounded by nature?
- 2] What kind of space do I like sleeping in?
- 3] What kind of space do I like working in?
- 4] What kind of space do I feel most creative in?

JOURNAL : PART TWO

VISIONING SESSION

Keep this question in mind:

WHAT MAKES ME FEEL ALIVE?



**REVISIT EVERYTHING YOU WROTE IN PART ONE
& CONSIDER THE FOLLOWING:**

- 1] Why do I want this thing or this experience? What will it add/create in my life that I feel is missing now?
- 2] Do I believe in or doubt my ability to co-create with the Universe/Source to bring this thing or experience into my life? And why?
- 3] What steps can I take to shift my perception around my ability to co-create with the Universe/Source? (i.e. process fears, care for my inner child, release my shadow, acknowledge and reprogram limiting beliefs)
- 4] Do I believe I am worthy of the thing or experience I desire? Do I feel worthy? If not, why?
- 5] Do I feel open to receiving it? If it came to fruition tomorrow, how would I respond? How would I behave?
- 6] What do I need to release in order to make space for this thing or experience to come in? (i.e. create space, boundaries, or expansion)
- 7] What is the first little step I could take to align myself with this thing or experience? Am I willing and ready to take the step?

MIND MAP

VISIONING SESSION

