



Life Vision Exploration Worksheet

Use the instructions provided to lead you to developing a vision for your life.

There are several benefits to having a vision:

- It creates forward movement and momentum
- It holds the power, emotion, and energy to take the next step
- You know where you are headed
- You can fill yourself with the excitement of a future possibility that is different than your current situation
- Once you see where you want to go, you can design a map on how to get there
- You can see what is misaligned with the life you want to have, so you can eliminate those things and consciously replace it with actions, habits, thoughts and beliefs that align with your vision.

A vision also tells you **what feelings you are longing to experience in your life**. We crave feelings. Inside every desire we have hides the craving for a feeling we think we'll have if that desire is met. Craving a full bank account might make you feel safe. Having the right mate might help you feel loved. Living in a nice home might make you feel comfort.

Hence, our visions give us access to the direction we want to take our lives, along with information about what we need to feel emotionally satisfied.

Create a quiet space where you can be uninterrupted and focused. Light a candle and make yourself a nice cup of tea. Spend a moment getting centered and connected to your inner stillness, and then spend some time answering the questions below. Write down the first thing that comes to you, and then move on to the next question. Allow the process to be easily and effortless for you. There's no right way to answer these questions, so just follow your own heart in discerning their meaning.

1. Answer the questions below with your first thoughts that come to mind:

<p>What do you love about your life?</p> <p>[Your answer]</p>
<p>What do you love about you?</p> <p>[Your answer]</p>

<p>What is important to you?</p> <p>[Your answer]</p>
<p>Who are the people you adore? Name them. Next to their name, write down what you love about them.</p> <ul style="list-style-type: none">• [Your answer] <p>Because you have these people in your life, what has become possible for you?</p> <p>[Your answer]</p>
<p>Where is forgiveness needed in your life?</p> <p>[Your answer]</p>
<p>When you were a small child, what were the things you loved? What did you love to do? Who did you enjoy being with? What lit up your heart as a child? What made you laugh?</p> <p>[Your answer]</p>
<p>Who in history do you admire? Name at least three.</p> <ul style="list-style-type: none">• [Your answer] <p>Next to their name, write down what specifically you admire about them.</p>
<p>What kind of person would you like to be in this life?</p> <p>[Your answer]</p>
<p>What would you like to give in this life to others?</p> <p>[Your answer]</p>
<p>If you could solve one world problem, what would it be?</p> <p>[Your answer]</p>

On your deathbed, looking back at the memories of your life, what would you like to know for sure is true about you?

[Your answer]

Take a moment to breathe in acknowledgement for whatever you just discovered. Thank yourself for being willing to discover new answers.

Now breathe deeply and imagine that you could invite a wise, all knowing being to come sit with you in this moment. Imagine having a conversation with them and asking them for their guidance.

Imagine that you can ask them to tell you what would be possible for you just one year from now, if you were committed to living every day this year connected to your highest wisdom and your deepest truth. Imagine how this being would answer.

2. Imagine how this wise, all-knowing being would answer the following questions about how your life could be one year from now:

What would your life look like one year from now if you were committed to living every day this year connected to your highest wisdom and your deepest truth?

[Your answer]

What would be different about you? The way you look? The way you feel? Your energy? Your posture? The way you move?

[Your answer]

What would be different about the way you interact with the world? With others? What would be different about how you speak, how you listen, and how you laugh? What would be different about the way you treat others? And about the way others treat you?

[Your answer]

What would be different about the people who fill your life? Imagine that this year you surround yourself with exactly the kind of people who inspire you to be your best and help you feel at home with being yourself. Describe the kind of people that you will attract into your life this coming year.

[Your answer]

What would be noticeably different about the way you live your life? What would you say “Yes!” to that feels scary now? What would you share that always before felt dangerous? What new choices are you making?

[Your answer]

What would be different about the way you see the world? What thoughts would you have about yourself, your life, your relationships, and your family -- thoughts that are not present now?

[Your answer]

Where would you be courageous? In what area of your life would you have used courage and finally moved forward?

[Your answer]

Take a moment to acknowledge the vision of what’s possible for you just one year from today.

3. Consider for a moment that you are already living the life you described above. How would it feel to live that life? This is the feeling that is living inside your vision.

How would it feel to be living the life you describe above? Happy, excited, safe, joyful, holy, blessed, important, loved, appreciated, relieved? Name the specific feeling.

[Your answer]

What could you do today to ignite this feeling inside of you?

[Your answer]

4. By answering the questions below, allow yourself to take the first steps in manifesting this vision into your reality. Again, trust the first answer that comes to you – trust it even if it doesn't make sense right away.

<p>What is the key to creating this vision? What is the essential ingredient that will make this vision come to life?</p> <p>[Your answer]</p>
<p>Trusting whatever comes for you, just ask yourself – what is the purpose of your life?</p> <p>[Your answer]</p> <p>Deeply acknowledge your answer. This is your Life Purpose.</p>
<p>What would you have to remind yourself is true about you, to make it possible for you to manifest your vision and live out your Life Purpose?</p> <p>[Your answer]</p>
<p>What action or actions would you need to take this week to begin moving forward on this vision and living out your Life Purpose?</p> <p>[Your answer]</p>

Take a moment and thank yourself for listening and inquiring within.