CREATING A VISION

Use this workbook to get clear on the vision that you wish to create for yourself: the life that the future version of yourself will be living. Try not to believe that the future version of yourself is going to be perfect. She's probably going to be pretty close to who you are today. She's going to like the same things you like, and probably dislike the same things that you dislike too.

PART ONE: Get to Know Your Motives

1. WHY are you here? What inspired you to make the commitment to yourself and your health?

2. What are you after? When you think about your life on the other side of success, what feeling do you desire to create for Yourself? Your Body? Your Life? How is any of it different than what you have/experience today?



3. What are you sick & tired of? What will you no longer tolerate? (you could do this as a thought download – just rant. There are no wrong answers.)	
4. What are you most excited to learn/experience?	
5. Why is now the perfect time to dedicate your time to doing this?	

PART TWO: Getting Clear on Your Desires

1. A magic genie appears in front of you and grants you unlimited wishes... What would you ask for? (Don't be afraid to list things that you *already* have here. In fact, wanting what you already have is a really important step in this process.)

2. What would you do if you knew without a shadow of a doubt you absolutely could not fail? (pretend that the future version of yourself came to you exactly as you've pictured yourself & told you that she couldn't give you details, but that you'd ultimately be successful. How would that change things?)



3. Based on what you don't want, how can you reframe your answer in part one, question 3 (on page 2) to create an even clearer list of what <i>do</i> you want?
4. What do you want to experience on a daily basis? (Think about interactions with others: how you do your work? how you show up for yourself? Also, be aware that we can't change our circumstances, we can only change how we think about and respond to them.)
5. How do you want to feel? (Be aware, that we CAN NOT feel good, peaceful, happy, calm, loving or motivated all of the time. But we can want to experience some emotions more and others less.



6. Who do you want to su	rround yourself with?
	ersion of you out there in an alternate reality, what would her life be that you're still going to have bad days, feel negative emotion, and to come up)



8. In the two sections below, define what you're energetically available for, and what you're not energetically available for. Think of this as your personal yes/no list for what you will tolerate in your dream reality.

YES NO



PART THREE: What Do You Want to Create?

What Is Your Vision?

In each key area of your life below, brainstorm a vision for what you want each part of your life to look like. The categories below are the same categories that you evaluated in the Wheel of Life Exercise at the beginning of the program. Again, we are focusing on our dream realities where there are zero limitations, and anything is possible. It's ok to repeat what you had in part 2 here. We are just practicing getting clearer & putting it together.

9. Health & Wellness

10. Career & Business

11. Spirituality



12. Finances & Money 13. Personal Growth **14.** Creativity & Joy



15. Family & Friends		
16. Love & Romance		
17. Fun & Leisure		



PART FOUR: Getting into A	<i>llignment</i>
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1. In order to create this result, what behaviors are you performing on a consistent basis? (You can repeat Part Four on each area, Health & Wellness only, or other areas where you see a large gap between where you are now & where you wan to be)

2. What are the feelings you're experiencing on a daily basis that help you to follow through on these behaviors?



3. What do you need to believe to create this result in your life?	
4. What can you do/What are some creative ways to tap into these beliefs and feelings daily	.5
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