



## 2020 Visioning Meditation Process

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Taking a look back at the year before...

1) What can you celebrate?

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2) What did you contribute to the world?

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3) What are your big changes/transformations from this past year?

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4) What were your biggest challenges and what can you celebrate that has emerged from them?

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5) What do you need to forgive yourself for?

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6) What did you successfully do that you are in love with yourself for the way you did it?

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7) What have you mastered in this past year?

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8) NOW... What do you want to leave behind and not invite forward with you?

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**Now it's time to create your VISION for the year ahead!**

1) What does my heart most want for me?

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2) What is my soul calling me to do for my great transformation?

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3) What does my heart want for me in my Health/Wellbeing?

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4) What does my heart want for me in my Spiritual Connection?

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5) What does my heart want for me in my Business/Career?

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6) What does my heart want for me in my Relationships?

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7) What is my heart calling me to do for my next level of Service?

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8) What was your greatest Joy?

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9) What can you celebrate that you committed to this year?

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**Write your Vision on the 2020 Vision worksheet!**