



Visioning Meditation Process

Taking a look back at the year before...

1) What can you celebrate?

2) What did you contribute to the world?

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

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

5) What do you need to forgive yourself for?

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

7) What have you mastered in this past year?

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

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

1) What does my heart most want for me?

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

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

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

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

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

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

8) What was your greatest Joy?

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

Write your Vision on the Vision worksheet!