

Inner Visioning Worksheet



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- 1. Find a place where you can be quiet or still for 15-30 minutes.
- 2. Give yourself "permission" to take 3 of the deepest breaths you've taken all day.
- 3. Once you're feeling calm and/or relaxed, take a moment to answer, ponder, or contemplate the 3 questions below.

Important: Notice what thoughts, feelings, images or sensations arise when you read and consider each question.

- 4. Use the spaces below to capture your responses, along with any notable inspirations or insights that arise from your quiet time.
- 5. IMPORTANT: You are encouraged to play, have fun, and enjoy the process! There is no "right" or "wrong" way to do this exercise. If what arises come from the stillness inside you, it already carries the seed of greatness.

Question 1:

When you think about your own life, right now...

- Where are you showing love to yourself? To others?
- What does self-love look like?
- How does self-love feel vibrationally?
- In what areas do you need more compassion and grace?
- What does the deepest, most loving part of you want to say, share or affirm?

Question 2:

Take a deep breath. Give your body and mind "permission" to relax and come present to this now moment. Next, visualize the most happy and most fulfilled version of yourself you can possibly imagine. As you think about this "ideal you", let this idealized version of you slowly come closer. The closer the "ideal you" gets, the more you can feel their joy, aliveness and vibrance. As they approach, you look and them and they smile back warmly.

Eager to talk to them, you say: "You are everything I've ever wanted to be or become. Please tell me..."

- How did you have to grow to become who you've become?
- What did you have to let go of or release to become who you've become?

ite down their response(s) below:			

Question 3:

Imagine you had a magic wand. With a flick of the wrist, you are able to wave the magic wand and instantly create the life of your dreams. If you waved your magic wand today and woke up tomorrow morning to the life of your dream:

- How would you know?
- What in your life would be different?
- What in your life would still be the same?
- How would your life be different in the following areas?

Money/Finances
Work
Relationships
Where I spend my time
What I prioritize:
What no longer matters/seems important:
What resonates now as my life's purpose?