



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 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? _____
