



LIFE *Vision*
WORKBOOK

2019



I've never been a big fan of New Year's resolutions. It's the time of year when we often feel pressure to make a list of all the things we think we "should" be doing, only to feel deflated by the end of January when most of them have fallen victim to more pressing matters.

I have, however, found that having a life vision, knowing how I want to feel and who I want to be is what propels me forward and serves as a constant reminder of what I want my life to look like. Instead of striving to conquer a long list of "must-do's," let your vision and your intention pull you into your ideal future.

This workbook is divided into three parts: WHO you want to be, HOW you want to FEEL and a window into your future self. Light a candle, pour yourself a cup of tea (or a glass of wine), and give yourself the space and time to sit with these prompts to dream and visualize. Allow yourself to be who you really want to be and to have your life be exactly the way you want it.

It's time to step into your destiny.



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Part Two: HOW DO YOU WANT TO FEEL?

This exercise is directly from my beautiful friend Danielle LaPorte's Desire Map. I have found it to be one of the most effective tools in setting up my days to best support me. I revisit it at the end of every year to select my core desired feelings for the year ahead. This is a quick take on the concept – if you would like to dive deeper, then check out [The Desire Map](#).

Select three or four words that best describe how you want to feel in 2019:

- 1.
- 2.
- 3.
- 4.

Now, underneath each word, write five things you could do to help you feel that way every day. For example, if one of your words is “calm,” you might include “a 10-minute daily morning meditation,” “weekly yoga class,” and “daily two-minute deep breathing break” as your supportive activities.

As you plan your days ahead, make sure you include these activities every day/week to feel the way you want to feel.



How do you want your life to look like a year from now? Write it out as a simple visualization dated December 31, 2019. It should be in the present or past tense – as if it has already happened or is happening right now. The more descriptive the better – how do you FEEL one year from today? Ask yourself the following questions:

- + **Where do you want to be exactly one year from today?**
- + **What adventures have you experienced?**
- + **Who have you spent time with?**
- + **What passions have you pursued?**
- + **What have you accomplished?**
- + **What does your business look like?**
- + **What are the most important goals you have achieved in one year's time?**
- + **What is your dream scenario?**

Remember, no dream is too big or outrageous. Give yourself permission to envision exactly what it is that you really want – even if it feels a little scary or even impossible. Nothing is impossible. But you have to set the intention first, and then believe that it can happen.

Writing out a life vision puts your dreams and desires down into concrete terms. An old proverb says, “If you don’t know where you’re going, any road will take you there.” Every flight needs a flight plan and a destination.

Just make sure you use the present and past tenses, as if it has already happened, or is currently happening. For example:

“I would like to earn \$250,000 in 2019” becomes, “I created two new programs for my business that generated \$125,000, and my private, one-on-one consulting produced another \$75,000.00 in income. Three creative projects brought in another \$50,000! I feel energized and fulfilled, like I could take on the world! I am completely in control of my finances and am in the process of creating new programs that will double my income in 2020!”

Now it’s your turn. Look at all areas of your life: health, family, friends, money, career, spirituality etc. What has occurred by December 31, 2019? Write it here:



Bonus

Collect images, word and quotes from magazines, books etc. (or make them yourself and print them) and create a vision board that embodies exactly how you want to look, be, and feel in the year ahead. Make sure you put it somewhere you'll see it every day – as a constant reminder and anchor for the intentions you've set.

