



the creating your VISION workbook

*I know I am thought creating
my own destiny, therefore
today I choose to embrace the
beauty of my world!*



What is a *Vision*?

A vision is the same as an expectation, a paradigm, belief, or a mindset.

Many of us have developed the habit of thinking a certain way. We think this way day in and day out...the same thoughts, the same beliefs and the same expectations. Then we are surprised when we continue to receive the same results in our lives.

***"My heavenly vision is the vision of my heart's desires.
Visioning my heart's desires keeps me on purpose for my life."***

Everybody has a vision(s). Without focus and intention, you will create a life / vision that may or may not be fulfilling. Today you will learn how to focus your vision in order to create and manifest your true hearts desires..

What are you envisioning for yourself on an average day? (Circle all that apply to you)

Happiness
Peace
Abundance
Prosperity
Self-Love
Self-Acceptance

Worry
Chaos
Lack
Limitation
Self-Belittlement
Negative Self-Talk

"I see clearly the vision of my dreams."

How do I know what my Vision is?

Look at your actions. Your actions are always consistent with your visions.
You are exactly where you envisioned yourself being.
You create your own reality through your visions.

*“Golden opportunities are presented to me daily.
I rejoice in my ability to recognize & act upon them.”*

A beautiful, loving fairy will grant you 3 wishes today; What do you wish for?

1. _____

2. _____

3. _____

“My Angel of destiny goes before me, making clear my way.”

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Your past experience is not the truth; it is just an experience. You can create a new experience and a new truth for yourself anytime you choose.

Your new consciously created vision is an example of the truths or experiences you will manifest in your life beginning today.

“I have the ability to create new beginnings everyday of my life.”

When a power thought is backed by a deep burning desire & a crystal clear vision the mind does not know the difference between an actual experience and one that has been vividly imagined.

“You’re always believing ahead of your evidence. What was the evidence that I could write a poem? I just believed it. The most creative thing in us is to believe...I believe the future in. It’s coming in by my believing it.” -Robert Frost

Release your past self-limiting visions by recognizing the spiritual growth you experienced by & through those visions.

***“I look with wonder at all that is before me.
I give thanks as the vision of my dreams becomes my reality today.”***

Forgive yourself & others for past hurts & mistakes. Forgiveness allows you to open your heart; therefore aligning your mind with that of infinite possibilities. Forgiveness is a gift you give to yourself for the betterment of all.

Our collective visions create the world we live in.

***“I forgive everyone & everyone forgives me.
My vision of peace brings forgiveness into the hearts of all concerned.”***

Create the Movie Vision Of Your Life

When was the last time you saw a good movie or read a good book?

Did you cry or scream at that movie?

Did you laugh or feel frightened when reading your book? Why?

Because your mind doesn't know the difference between movie, book or reality. Your body & mind will react to a story viewed or imagined the same way...as though it were real!

"The decks of fulfillment are now stacked in my favor. I create the game I choose to play."

Your imagination is your most powerful visioning tool.

Imagine in your mind a gigantic movie screen. This movie screen has full, vivid color & sound.

Close your eyes & remember those wishes your loving fairy granted you. Choose one & bring it clearly up onto your movie screen.

Think about that wish becoming a reality today.

How does it feel to know you have that wish right here, right now?

Just for a moment turn up the color & sound on your movie screen so that you can see & hear your wish more clearly.

"I am a beautiful ray of light, reflecting love to the 4 winds & beyond."

Now let's pretend as if every wish you have can now become your life today!

This is the movie (vision) of your life!

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Write a film script of your vision for your life in exact detail. Write it as though it is happening now. Write it in the first person (I am).

What are you doing?

Who is with you and what are they doing/saying?

How do you feel?

What are others feeling and why?

Get emotional and very specific about others in your movie.

“There is no loss in divine mind; all that is mine comes to me quickly under grace & in the most perfect of ways.”

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Visualize a picture of your movie being shown on the big screen. Include dialogue (turn up the volume). Include colors, places, feelings, thoughts, taste, smells and sounds. Increase the intensity 100%!

***"I give thanks today for my perfect vision &
God's way is made manifest in my life."***

Read your vision out loud first thing in the morning and last thing at night.

As you read and look at the mental pictures, pause, close your eyes and truly visualize yourself experiencing your vision.

Allow yourself to feel. Simply sit back and watch your movie.

Do this faithfully for 30 days straight and your life will dramatically improve!

"I am living my vision today. Now is all there is to focus on."

Vision Creation Exercise:

Creating A "Vision Board"

Purchase:

- White or colored poster board
- A glue stick
- Scissors

Cut out pictures from magazines or brochures of places you will visit, people you will meet & things you will own. Don't leave anything out.

Use color markers, paint or glitter to create your physical visual of your vision.

This visual will assist your movie mind in magnetizing your desires to you.

"I prosper all people and all people prosper me."

7 Key Steps To Creating Your Vision

1. You have a consciously thought out vision.
2. You take daily action.
3. You are committed to achieving your vision.
4. You use your creativity & are solution oriented.
5. You practice self-discipline & patience.
6. You are focused & sure of your outcome.
7. You have enthusiasm because you are living your vision today!