Vision Creator



Instructions:

Click 'File' and then 'Make a Copy' so that you can edit your own copy of this document.

The first shift is the Shift of Mindset! We need to move from a mindset of lack to a mindset of abundance, and this is how we are going to get you there!

Write down all of the parts of your life that you want to see realized within the next 12 months. Write each point in the present (ie. I HAVE a daily yoga and meditation practice.) rather than in the future (ie. I want to have a daily yoga/meditation practice.)

Be specific! The clearer you are on your vision, the easier the universe can make it happen for you!

Feel free to make this vision creator yours, and add any other subcategories you want.

Once you are finished, print it out, and read it aloud DAILY. Be aware and grateful that you already have what you desire.

Then watch and see your vision become your reality.

I. General Vision for the next 12 months

- ❖
- ❖
- ❖

II. Personal, Health, Work & Relationships

A. Personal (Personal Practice and growth, self care, passion and pleasure)

- ❖ **Personal Practice and Growth:**
  - ➢
  - ➢
  - ➢
- ❖ **Self Care:**
  - ➢
  - ➢
  - ➢
- ❖ **Passion and Pleasure:**
  - ➢
  - ➢
  - ➢

B. Health (mentally, physically and spiritually, how do you want to feel?)

- ❖ **Mentally:**

- ➢
- ➢
- ➢

❖ **Physically:**

- ➢
- ➢
- ➢

❖ **Spiritually:**

- ➢
- ➢
- ➢

C. Work (jobs, goals, growth opportunities, income)

❖ **Jobs:**

- ➢
- ➢
- ➢

❖ **Goals:**

- ➢
- ➢
- ➢

❖ **Growth Opportunities:**

- ➢
- ➢
- ➢

❖ **Income:**

- ➢
- ➢
- ➢

D. Relationships (family, romantic, friendships)

- ❖ **Family:**
  - ➢
  - ➢
  - ➢
- ❖ **Romantic:**
  - ➢
  - ➢
  - ➢
- ❖ **Friendships:**
  - ➢
  - ➢
  - ➢

III. Final Thoughts

- ❖ **Why Do I Want It?:**
  - ➢
  - ➢
  - ➢