

# 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**

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- ❖
- ❖

**II. Personal, Health, Work & Relationships**

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

❖ **Personal Practice and Growth:**

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❖ **Self Care:**

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❖ **Passion and Pleasure:**

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

❖ **Mentally:**

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❖ **Physically:**

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❖ **Spiritually:**

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

❖ **Jobs:**

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❖ **Goals:**

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❖ **Growth Opportunities:**

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❖ **Income:**

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## **D. Relationships** (family, romantic, friendships)

### ❖ **Family:**



### ❖ **Romantic:**



### ❖ **Friendships:**



## **III. Final Thoughts**

### ❖ **Why Do I Want It?:**

