THE VISION

1. The vision that I see is ______________________________________
   ____________________________________________________________
   ____________________________________________________________

2. On a scale of 0 to 10 the clarity of this vision is about a ____________
3. On a scale of 0 to 10 the impulse to fulfill this vision is about a ______

THE POSITIVE EMOTIONS

4. The positive feelings that I feel when I hold this vision are __________
   __________________________________________________________________

5. On a scale of 0 to 10, the intensity of these positive feelings are _____
6. The physical sensations that I feel when I feel these feelings are...
   __________________________________________________________________

7. I would describe my physical posture when I feel these feelings as...
   __________________________________________________________________

8. I would describe my facial expression as _____________________________

9. I tell myself things like __________________________________________
   __________________________________________________________________
   __________________________________________________________________

10. I imagine things like _____________________________________________
   __________________________________________________________________

11. The way I want to act is _________________________________________
    __________________________________________________________________

12. The possible difference it could make to me and my life when I accomplish this vision might be _____________________________
    __________________________________________________________________

THE NEGATIVE EMOTIONS

13. The negative feelings that I feel when I hold this vision are __________
    __________________________________________________________________

14. I tell myself things like __________________________________________
    __________________________________________________________________

15. I imagine things like _____________________________________________
    __________________________________________________________________
UNDOING THE NEGATIVE EMOTIONS

16. Is it possible for me to let these feelings go? _____________________
17. Am I willing to let these feelings go? ______________________________
18. When? _________________________________________________________
19. Are these feelings present in this moment as I write? ______________
20. The intensity of these feelings on a scale of 0 to 10 are about a ______

IDENTIFYING WITH THE VISION (from #1)

21. Imagining myself as this vision and already completed I would say…
   “I am the vision of _____________________________________________
   ____________________________________________________________”

FIRST STEPS

22. The first steps I see in accomplishing this vision are
   a. __________________________
   b. __________________________
   c. __________________________
   d. __________________________
   e. __________________________

LISTENING TO MY INNER WISDOM

23. On a scale of 0 to 10 the clarity of this vision is now about a _______
24. On a scale of 0 to 10 the impulse to fulfill this vision is now about a ___
25. Is it possible to listen to my inner direction? _______________________
26. Am I willing to listen to my inner direction? _______________________
27. Could I love and accept myself as I am? ___________________________
28. What I could be grateful for is _________________________________
   ____________________________________________________________
   ____________________________________________________________
29. A loving note to myself:_______________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________