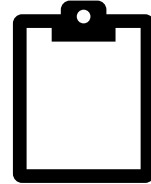




## The Power of Visioning: For a Purpose-Driven Life

### Process to Creating:

Raise your frequency / heighten your clarity



1. **Embodying Presence** – aligning in TRUTH

Write the words (in your own handwriting): **“I KNOW WHO I AM, I KNOW WHAT I AM, I KNOW HOW I SERVE”**

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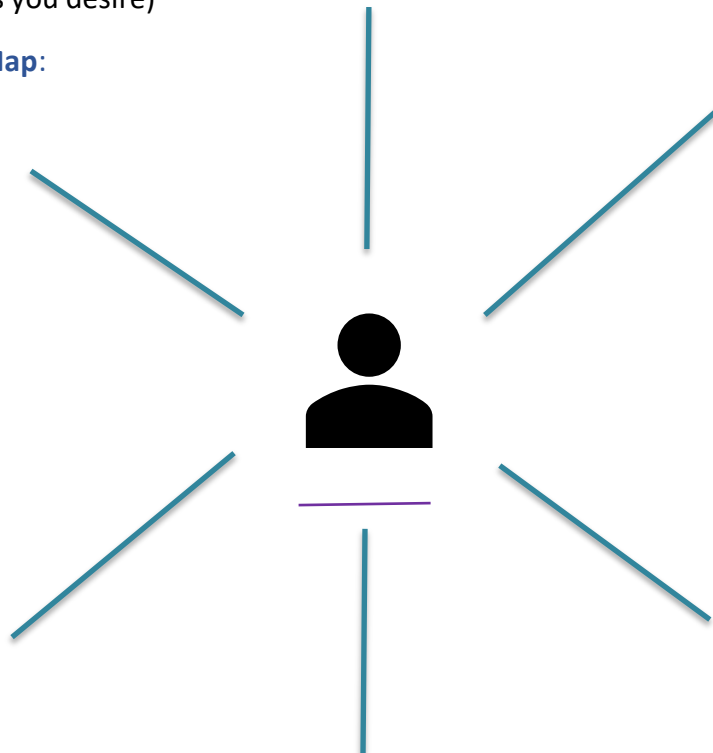
2. **Meditation** (Letting Go)
3. **Meditation** (Harnessing Inner Wisdom)
4. **Confidence** (Qualities YOU Already Exhibit):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Reflection:

Exploring and Creating What YOU Really Want / Harnessing the Power of Intention  
(Characteristics you desire)

1. **Mind Map:**





## The Power of Visioning: For a Purpose-Driven Life

### 2. Intention / Focus: 7 Aspects of Life

#### 1. Home:

**3D:** Physical representation of what you want: \_\_\_\_\_  
\_\_\_\_\_

**3D:** Emotion/thoughts you expect to feel once you have this:  
\_\_\_\_\_

**3D:** Physical Aspect - Rate how bad you want the change on scale 1-10: with 0 being no desire and 10 being strong desire: \_\_\_\_\_

**3D:** What needs to change within me for me to experience more of this?  
\_\_\_\_\_

**5D:** What is the underlying reason for wanting this? In other words what would you experience if all the resistance disappeared? (For example a space without judgement, less or no pain, and less or no separation):  
\_\_\_\_\_  
\_\_\_\_\_

#### 2. Career:

**3D:** Physical representation of what you want: \_\_\_\_\_  
\_\_\_\_\_

**3D:** Emotion/thoughts you expect to feel once you have this:  
\_\_\_\_\_

**3D:** Physical Aspect - Rate how bad you want the change on scale 1-10: with 0 being no desire and 10 being strong desire: \_\_\_\_\_

**3D:** What needs to change within me for me to experience more of this?  
\_\_\_\_\_

**5D:** What is the underlying reason for wanting this? In other words what would you experience if all the resistance disappeared? (For example a space without judgement, less or no pain, and less or no separation):  
\_\_\_\_\_  
\_\_\_\_\_



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### 3. Relationships/Friends/Community (Interconnection with others):

**3D:** Physical representation of what you want: \_\_\_\_\_  
\_\_\_\_\_

**3D:** Emotion/thoughts you expect to feel once you have this:  
\_\_\_\_\_

**3D:** Physical Aspect - Rate how bad you want the change on scale 1-10: with 0 being no desire and 10 being strong desire: \_\_\_\_\_

**3D:** What needs to change within me for me to experience more of this?  
\_\_\_\_\_

**5D:** What is the underlying reason for wanting this? In other words what would you experience if all the resistance disappeared? (For example a space without judgement, less or no pain, and less or no separation):  
\_\_\_\_\_  
\_\_\_\_\_

### 4. Finances:

**3D:** Physical representation of what you want: \_\_\_\_\_  
\_\_\_\_\_

**3D:** Emotion/thoughts you expect to feel once you have this:  
\_\_\_\_\_

**3D:** Physical Aspect - Rate how bad you want the change on scale 1-10: with 0 being no desire and 10 being strong desire: \_\_\_\_\_

**3D:** What needs to change within me for me to experience more of this?  
\_\_\_\_\_

**5D:** What is the underlying reason for wanting this? In other words what would you experience if all the resistance disappeared? (For example a space without judgement, less or no pain, and less or no separation):  
\_\_\_\_\_  
\_\_\_\_\_



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### 5. Health / Self:

**3D:** Physical representation of what you want: \_\_\_\_\_  
\_\_\_\_\_

**3D:** Emotion/thoughts you expect to feel once you have this:  
\_\_\_\_\_

**3D:** Physical Aspect - Rate how bad you want the change on scale 1-10: with 0 being no desire and 10 being strong desire: \_\_\_\_\_

**3D:** What needs to change within me for me to experience more of this?  
\_\_\_\_\_

**5D:** What is the underlying reason for wanting this? In other words what would you experience if all the resistance disappeared? (For example a space without judgement, less or no pain, and less or no separation):  
\_\_\_\_\_  
\_\_\_\_\_

### 6. Family:

**3D:** Physical representation of what you want: \_\_\_\_\_  
\_\_\_\_\_

**3D:** Emotion/thoughts you expect to feel once you have this:  
\_\_\_\_\_

**3D:** Physical Aspect - Rate how bad you want the change on scale 1-10: with 0 being no desire and 10 being strong desire: \_\_\_\_\_

**3D:** What needs to change within me for me to experience more of this?  
\_\_\_\_\_

**5D:** What is the underlying reason for wanting this? In other words what would you experience if all the resistance disappeared? (For example a space without judgement, less or no pain, and less or no separation):  
\_\_\_\_\_  
\_\_\_\_\_



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### 7. Spirit:

**3D:** Physical representation of what you want: \_\_\_\_\_  
\_\_\_\_\_

**3D:** Emotion/thoughts you expect to feel once you have this:  
\_\_\_\_\_

**3D:** Physical Aspect - Rate how bad you want the change on scale 1-10: with 0 being no desire and 10 being strong desire: \_\_\_\_\_

**3D:** What needs to change within me for me to experience more of this?  
\_\_\_\_\_

**5D:** What is the underlying reason for wanting this? In other words what would you experience if all the resistance disappeared? (For example a space without judgement, less or no pain, and less or no separation):  
\_\_\_\_\_  
\_\_\_\_\_