DEFINE YOUR VISION

Make it happen with

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Hello dear friend,

You are here and have downloaded this worksheet to help you figure out in more details the vision that excites you and makes want to grab your bag, a sandwich and eagerly start marching towards it.

Take all the time you need, come back to it, scribble, doodle, scratch and start again. This is not supposed to look neat and pretty, it is supposed to look like life, messy and beautiful all at once!

Your vision is something that you want to review on a regular basis and adjust as you advance, so remember to make a date come back to it.

This is what the online sessions are for, **so make sure you dedicate a time and space free from distractions, to honor your dreams and give them the attention they deserve.**

I look forward to seeing you at the next session!

Take care

Peggy x

Start here and dream a little

I would like you to imagine your life 3 or 5 years from now. What year will it be? How looksill you be?
Do you already have an idea of something that is certain to happen by then? Kids changing school? Moving out? Work contract ending? Lease on your flat coming up or mortgage rate changing? Getting married? Divorce finalized?

Once you have visualize the situation and what is likely to look like if nothing changes, do you like this vision?

What can you inject into it to make it exciting, joyful, more abundant? what do you need more of and less of? Do you want to buy a house, move, travel, change job, renew your vows, find love? What do you want to look like, feel like?

What does your dream life looks like by then?

What motivates you?

What is your "why"? Why do you dream these dreams? In what way do you feel you will gain from them? Why would they make your life so perfect? How would they make you feel?

Question these dreams! Are they yours or are they somewhat inherited from your upbringing? Education? Your family's expectations? Your friend's circle? Is it really what you want?

Question them some more. When you sit with this vision of an ideal life have you got any negative feelings coming up?
If so, which are they? List each one of them and ask yourself "do I feel this way because deep down I know this won't be right for me? or is this limiting beliefs (I don't believe I can achieve this) fear or overwhelm?"
Acknowledge all the negative feelings that come up and ask yourself what you can do to change them into solutions.

Based on your work and findings, do you need to rewrite the story? Is your dream life still the same or do you need to review and shake things up a little? Use this space here to rewrite your dream if necessary, and then take time to really feel it. Imagine that perfect life as if you were in it right now, let all the good feelings surround you and bath in them for a little while.

Do what it takes for you to be able to visualize your dream often. Does it mean creating a vision board, a list, record yourself telling your new story and listen to it daily, simply light a candle, close your eyes, and see your drea, what ever feels good and easy to you!

So what are you going to do today to start moving in the right direction? What needs to happen right now to begin?

It could be as easy as starting to list ALL of the possible scenarios of how you could make it happen. Researching possible careers, defining what you would want in a relationship, learning a new skil, etc.

I am excited for you because it always starts with a dream!