



Finding Your Life Vision and Holding On to It!

Making a Life Vision Board

Guided Imagery

Creative Expression

Journaling Exercise

Supplies needed to make the most of your Life Visioning Journey: Journal and pens, Magazines and scissors, scraps of solid papers, stickers, glue (Modge Podge is the best!) and poster board or mixed media paper (at least 11x14).

Life Purpose: Passion's energy, channeled through your Life Experience, Gifts and Talents, used in the service of a greater Calling. To seek one's life vision creates a purpose which inspires sustained fulfillment and significance.

Step 1: Guided Imagery

Allow yourself at least 20 minutes for this guided imagery experience.

Take a moment to get in a comfortable chair, laying down or sitting, grounding your feet on the floor or propping them on the couch. Gently close your eyes, as you read along, stopping and responding to this imagery.

Spend a few moments breathing deep belly breaths, in and out slowly to get your body relaxed and ready for a little journey. Notice your breath; how it is your friend, providing you with needed oxygen for your journey. Notice how your body responds to this rhythmic gift of life, knowing that you are especially made to live in this moment in time.

Picture yourself in a beautiful place of your choosing. Listen to the sounds around you, let them soothe you, ignite your imagination and energize your spirit with a new sense of wonder. Begin to allow yourself to see the panoramic of all that is around you, soaking in the sunlight, the warm breezes, aromatic fragrances, and exhilarating sounds. Give yourself time to just bask in this lovely space you are in.

When you are ready begin to notice what you are wearing, how you are fitted for this occasion right now. You are clothed exactly how you want to be right now...and are comfortable in your body. Notice your feet, are they bare, or in comfy walking shoes, or sandals?

Now you are ready to begin the journey of finding your life vision...your place of purpose and mission. How are you feeling just now? Check into your body, your emotions, and your thoughts. Experience the whole experience in your being. Are you sort of excited? Or anxious? Or just feel?

Notice but do not tarry too long...and if you get uncomfortable, you always can come back to your breathing, slowly and surely focusing on this wonderful experience of taking in the surroundings about you, the safe place of this beautiful wonderful place you are in.

Begin to look around you...You will see a lovely building of any type before you, one you make in your mind. Is it a castle, a cabin, a cabana or maybe a tree house? Whatever it is it has two decorated doors that are waiting for you to open. Go forth and do so, my lovely.

As you open the doors, you are ready to step inside and see what this place has to offer you. As you look around, what does it look like? Are there rooms available to go into, or is it one room? Does it have windows? How is this space decorated? What type of furniture or equipment do you see in this space? What colors do you see around

you? Are you by yourself or with others? You find yourself drawn toward one side of this room. What is over there? What draws you, what do you see that seems appealing? Once you get there, you find yourself doing something, what is it? Are you alone or with others?

Now check in on your body, how you are feeling, thinking? What do you notice about your body, mind and spirit right now in this moment as you are imagining this wonderful place?

Notice once again, your breath and your relaxation. If you find any stressed areas or tension, just let it go and then go back to your imaginary space.

Now it is time to get some refreshment and rest, so do so in your space. What would that be like, as you spend time doing things or being in your space, taking a break, relaxing. Paint a picture in your mind of what that looks and feels like.

Now it is time to go back to your beautiful spot and then head home to the present moment. Take your time looking around you in this space you have created in your mind. Take note again of all that you see, all that you experienced and soak it in once again.

Say good bye for now, and go back through the doors you came in, back out to the path back to the soothing beautiful place you where you started your journey. As you walk down the path toward that place, you feel in your heart a sense of peace and joy that you have not felt for a long time. You feel that your desires have been heard; you are giving yourself an experience that is purposeful and have a beginning for a mission for a fulfilled life. You see that it is possible!

Let yourself notice all of these feelings and thoughts throughout your body and stand in your beautiful journey beginning place once again. You have arrived and feel refreshed. You are ready to go back to the present moment and see what you learned from this experience within toward your life vision. You are ready to begin to understand why you are here in this world to make an impact!

Once again, come back into your breathing, notice the automatic deepening breaths that you are able to take effortlessly. Begin to wiggle your toes, fingers, your hips and open your eyes slowly to the surrounding space you are in. Give yourself a few moments to bring yourself back to being fully alert and in the present moment.

Step 2: Journaling Experience

Get out your favorite journal and pens. Write out a description of your experience including the images, colors, impressions that came into your guided imagery. Include what you noticed in your body, your emotions, and your thoughts.



Step 3: Crafting Your Life Vision Board

1. Flip and Clip! Take a stack of magazines that you like and find images, shapes, colors, phrases and words that seem to resonate with you, cutting them out and putting them in a small box. There is no other instruction about this task except to have fun. Get together your quotes and inspirational thoughts that you collected in the journaling process.
2. Sort these clippings and your quotes/inspirational thoughts into different piles. Use your intuition to do this.

3. Glue these on a large or small piece of multi-media paper/poster paper with glue (Modge Podge is great!) or glue sticks in a design that helps you get across what these intuitive piles are expressing about you. You may fill up the page or you may leave some blank areas to write on later. You can also use scraps of solid color papers and stickers to place on your vision board to add color, design or pizzazz if you would like.
4. Once finished with the gluing, use markers to write out some thoughts, words, quotes that seem especially meaningful to you on the scraps of paper and/or blank spaces.
5. You may paint glue gloss mixture over top of your collage to secure it and give it a glossy finish. You may also put embellishments on these collages wherever you would like.
6. On a piece of paper, journal your impressions of what your vision board is telling you about your life right now and in the future. After writing this, glue this paper to the back of your vision board and date and sign it for future reference.
7. Put your vision board where you can see it, reminding you of your intentions to move into your life vision.
8. Explore what is getting in the way of this forward movement over the next few weeks. Using collage on small papers or in an art journal, express creatively small intentional steps to begin to overcome some of these obstacles.

Step 2: Journaling Experience

To continue your journey, consider answering some of these questions:

1. What do you know already that you were made to do?
2. What's been meaningful and purposeful in your life?
3. When do you feel most fulfilled?
4. What types of roles in your life have been the best fit for you?
5. What activities did you enjoy the most when you were a child?
6. What relationships and people have influenced who you are in your life? Who do you admire?
7. What sense of your destiny or life vision have you felt or sensed in your life, even if you have not moved toward that?
8. What are five of your main strengths?
9. What do others know you do well? What do others say about you that affirms who you think you are?