VisionInk

Journal the Future

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VisionInk

Journal the Future

Name:_____

Date: _____

A seed
Lies on the bare dirt floor,
Largely ignored.

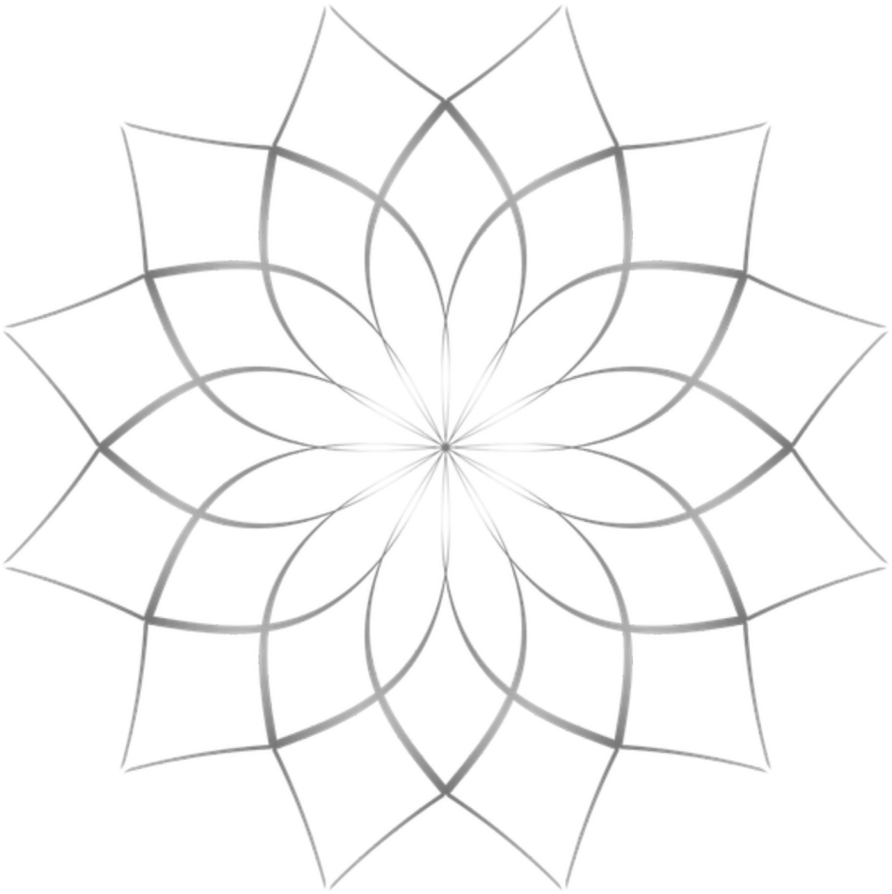
Contained within,
Its Hidden Potential
Is the stuff Universes
Are Made From





What are some dreams you have?

Freewrite as many ideas as you can think of.

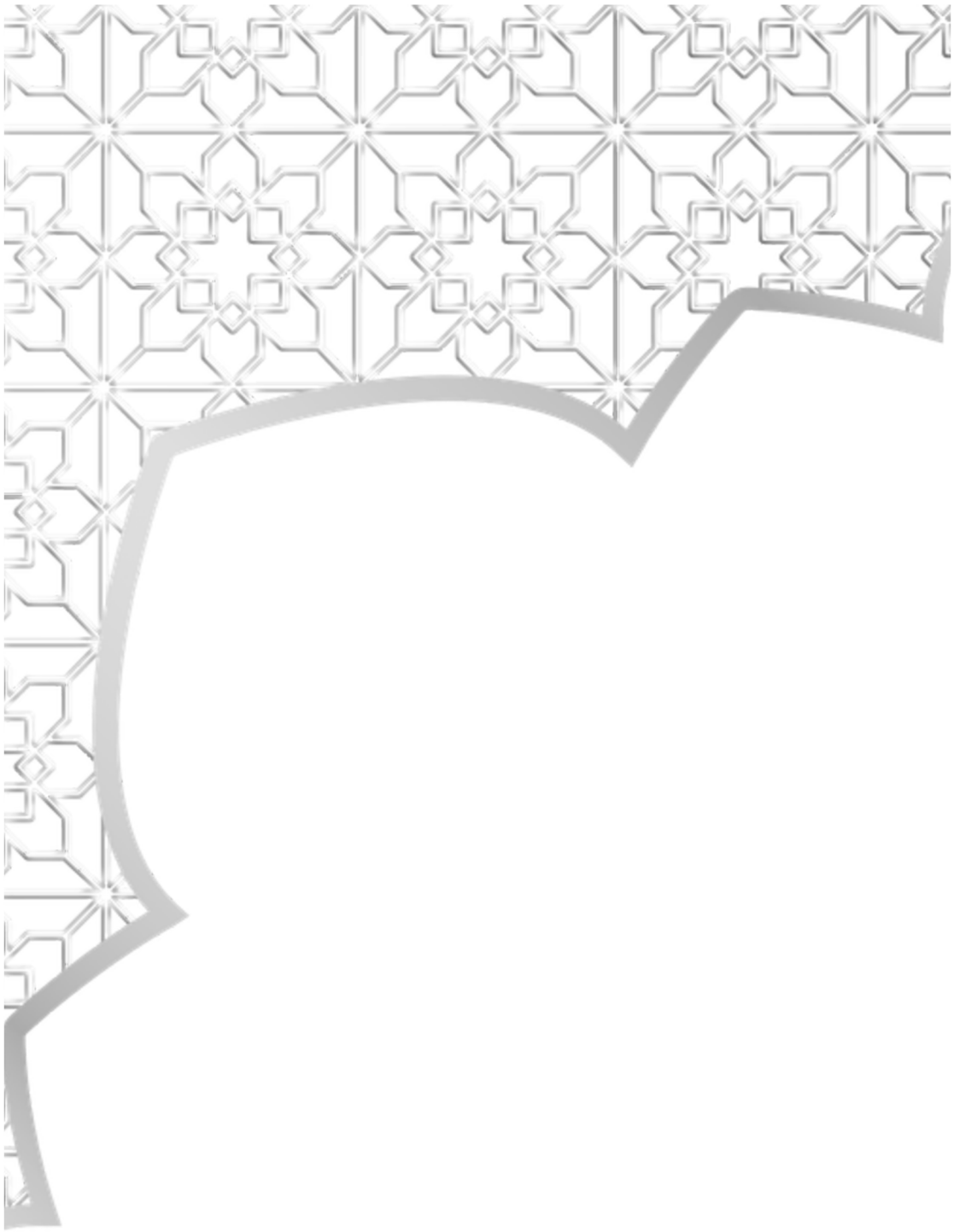


Too often, we See
Only the Singular Goal
The Big Vision
The Greatest Purpose

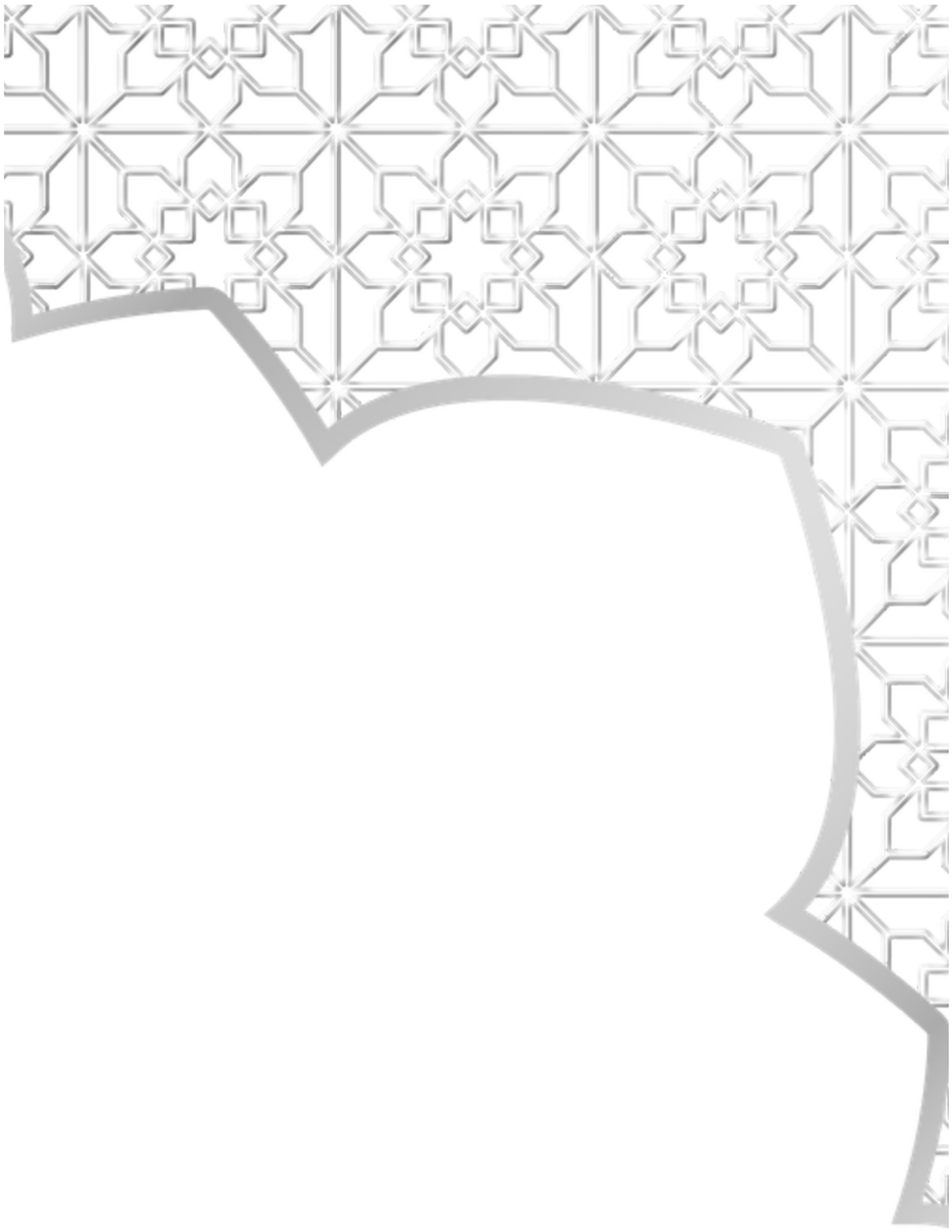
In Reality
The Greatest Purpose
Occurs inside the Smallest Goal

Share 3 times that you created a goal, and accomplished it

NO GOAL IS TOO BIG OR SMALL



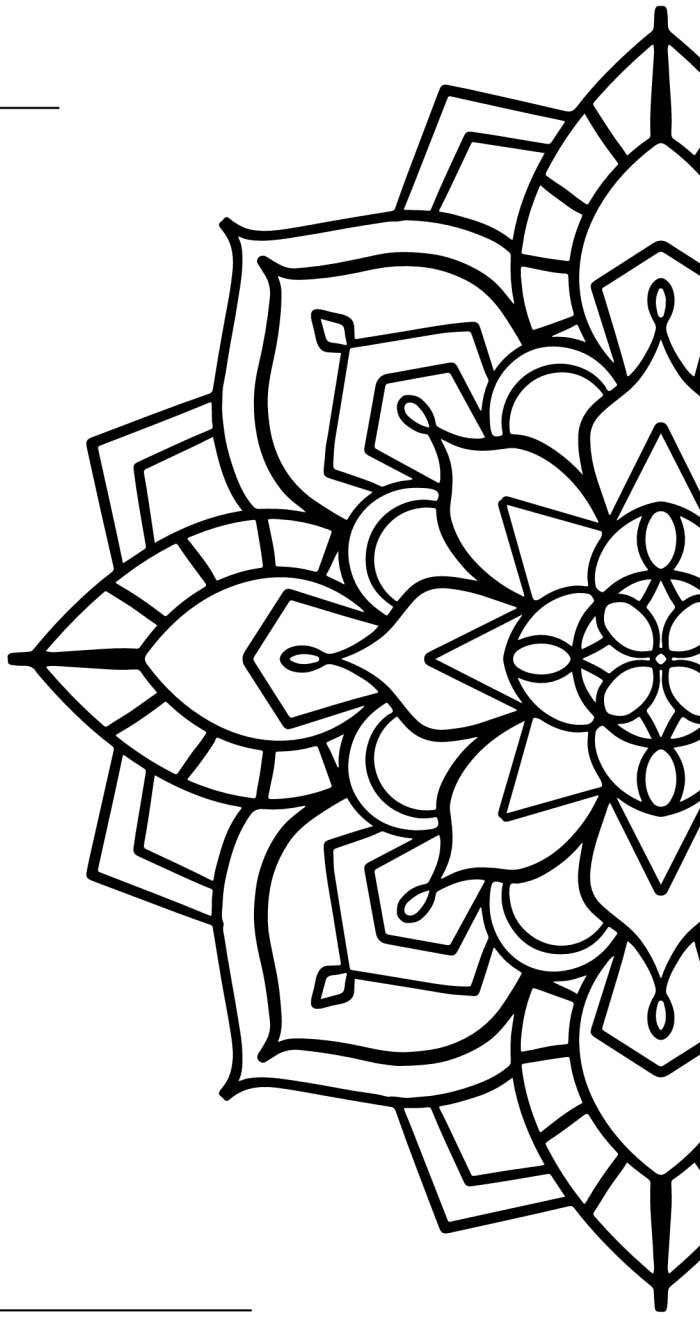
What is One Idea You Keep Returning To?

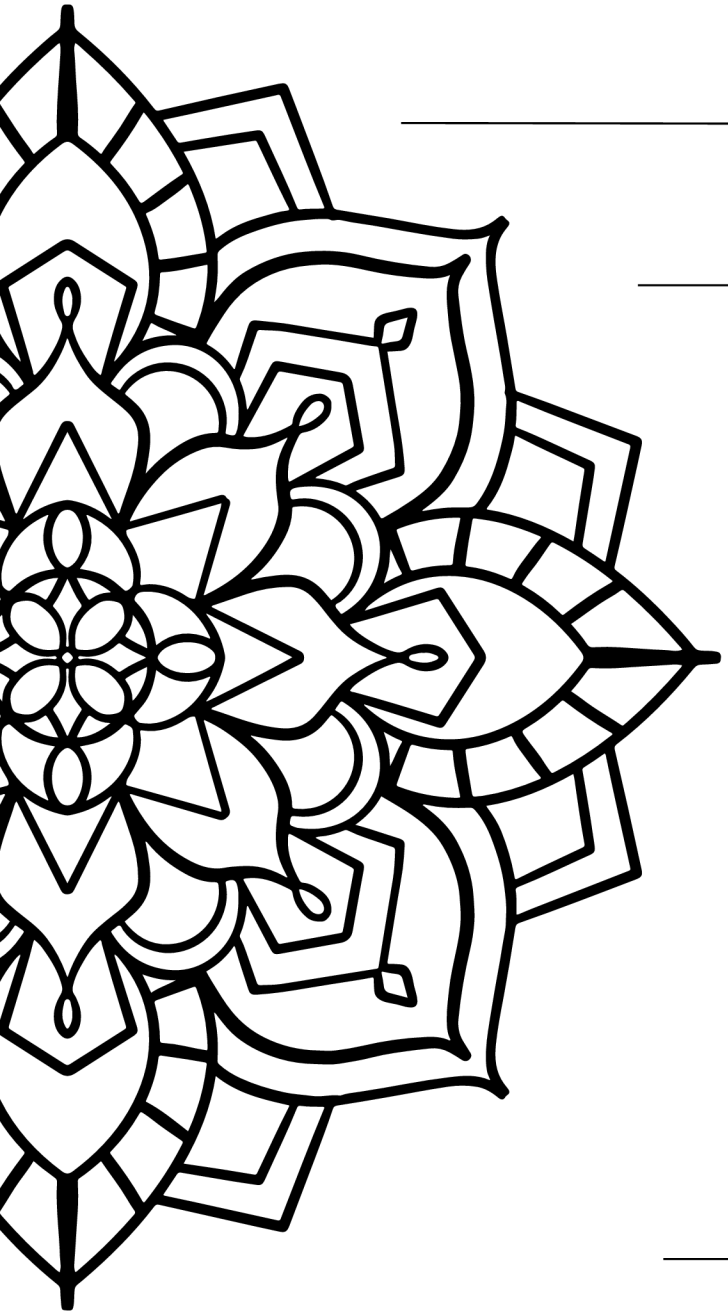


Draw Out Your Dream

Integrity

My Needs





My Values

Showing Up for Yourself
Is More than just Goalsetting
It is Radical Honesty.
What Drives you... Really?
What is Actually Important to you?
What Matters in Your Life?

Close your eyes.
What change would you like to see:

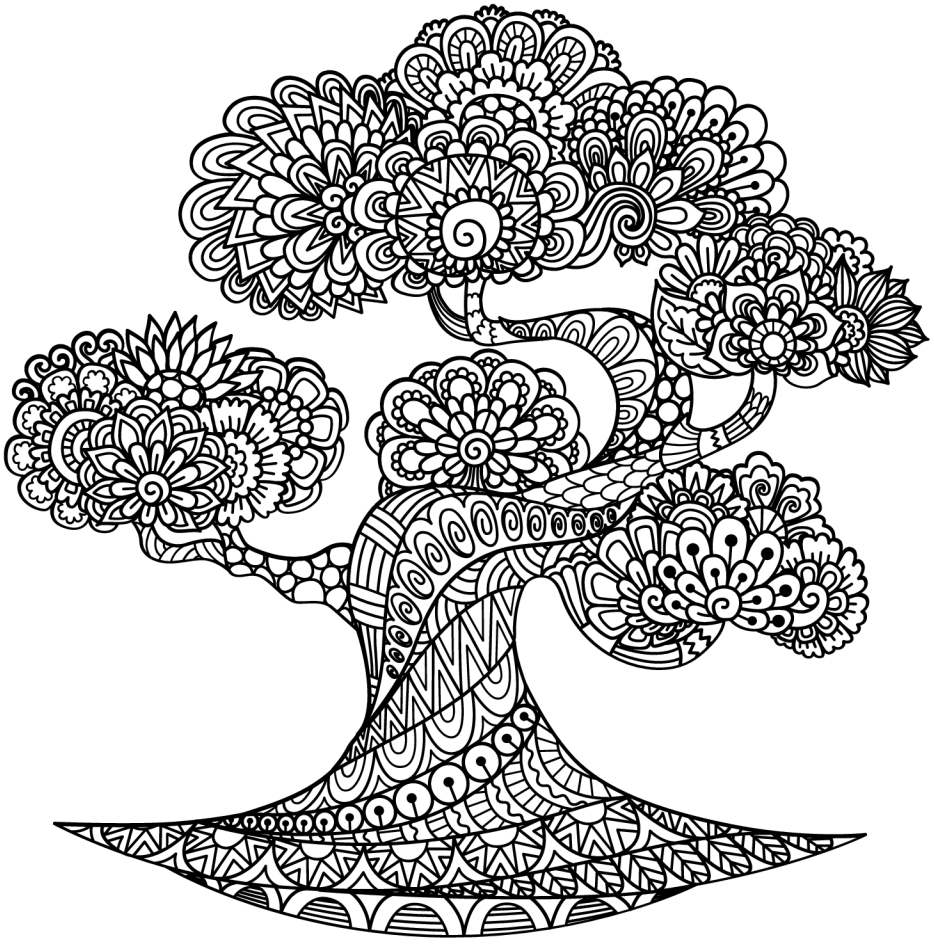
Next Year?

Next Month?

Next Week?

How Do They Align?

Create



The Future

A Promise Made



Begin each day.
Not as a Lion
Or a Lamb

But as a Human,
Experiencing A Falliable
Precious
Beautiful
Gift of Life

Today, I will:

THE BEST OF ME

To live well is to show up
In a way that is truthful to the
best part of yourself.

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