



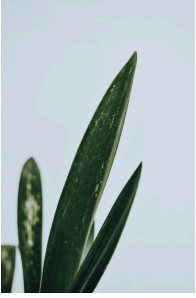




## *Glossary*

YOUR LIFE ISN'T BUILT BY A VISION BOARD. ITS BUILT BY THE ENERGY YOU HOLD WHEN NOTHING SEEMS TO BE WORKING. ANYONE CAN FEEL ABUNDANT WHEN LIFE FEELS EASY. THE REAL POWER IS HOLDING THAT FREQUENCY WHEN THE OUTCOME IS STILL UNSEEN.

				
<p>“Get Specific” Questions</p>	<p>Vision List</p>	<p>Make Actionable Steps</p>	<p>Reminders</p>	<p>Journal Prompts</p>

*Ask yourself...*

- What is it that I really want out of life/in my life?

---

- What about my life feels good right now? What doesn't?

---

- If there were no limitations, what would you change about your life?

---

- What negative thoughts do you say to yourself? How can I rescript it so that it's a positive and supportive thought?

---

## *What's your vision??*

Ultimate Goal

3 main areas  
to work on this  
year

What AM  
habits to  
change

What PM  
habits to  
change

What should I  
focus on  
learning right  
now

## *What are my 1<sup>st</sup> steps?*

How can I start living in my purpose now?

- 

---

- 

---

- 

---

## *Reminders*

Purge/Clean your environment, makes it easier to focus on future. What can I go through now to feel more productive & clear out past energies?

- 

- 

- 

Work on mindset daily, even if just for 30min, consistent learning = consistent growth. What/Who can I listen to or watch now to help me grow.

- 

- 

- 

Looking & feeling like your future self helps get there faster. How can you start updating your image?

- 

- 

- 

## *Journal Prompts*

Not everything deserves your energy. Start showing up as the future you & become her.

1. What are things you do often that make you feel good about yourself?

---

---

2. Name 5 things that are incredibly important to you.

---

---

3. How do you wan people to see you?

---

---

4. How do you wan to see and feel yourself?

---

---

5. What are some of your goals and dreams in life?

---

---

6. What things do you do that make you feel bad about yourself?

---

---

7. How do you want to grow as a person?

---

---

8. Pick a few people you admire & then list what characteristics they have attract you to them? Is it their money, their influence, how they spend their free time, their mannerisms, their knowledge? Be as specific as you can don't just say they seem fun.

---

---

9. What's stopping you from being your best version?

---

---

10. Are the things I want something I want, something others expect me to want, or something I was raised to want?

