



Awaken Your Fertility

Worksheet: Creating Your Vision

You are fertile, by definition. Awaken your fertility is the idea that you are by Design as a woman, fertile. Creating your vision is the first step in helping your body wake up and live from this Spiritual Truth.

You will be designing a Vision for all four quadrants of your life: health, relationships, vocation, and time and money freedom. You will want a wealthy life in all areas, and each supports the other.

This worksheet can help you with writing it down. My guidance is to be true to yourself and your thoughts, not to what you think other people may be expecting of you.

STEP 1 *Longings and Discontents*

A longing is something that you would love to have more of in your life. A discontent is something you'd love to have less of in your life.

What would you love to have *more of* in your life?

In your Health?

In your Relationships?





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In your Vocation (your work and your creativity)?

In your Freedoms (specifically time and money but include others that come to mind)?

What would you love to have *less of* in your life?

In your Health?





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In your Relationships?

In your Vocation (your work and your creativity)?

In your Freedoms (specifically time and money but include others that come to mind)?

Your longings and discontents are the keys to designing a life you love. Even though looking at them may be uncomfortable, the awareness they bring you guides and shapes your Vision.





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STEP
2

What would I Love?

Now, take your thoughts to the next level. Answer this: What would I love in my life?

You can take direction from what satisfies your longings and eliminates your discontents.

In my Health?

In my Relationships?

In my Vocation (your work and your creativity)?

In my Freedoms (specifically time and money but include others that come to mind)?





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Articulating and Visualizing Your Vision

It is 3 years from now and you are describing the life that you are living and loving. Describe it in the positive and present tense, as if it's happening now.

My Health Is:

My Relationships Are:

My Vocation Is:

My Freedoms Are:

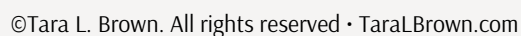
This is the vision for as far as you can see, today. Keep growing and evolving your vision.





Write a description of your vision by creating ladder images to five “sensorize” your Vision. Make it real to your imagination by creating sensory experiences that help your body and emotions feel the result as if it’s happening now. Apply all five senses to your Vision, giving your subconscious mind the experience that it’s real. Use the boxed space below your descriptions to place images that embody or enliven your Vision visually.

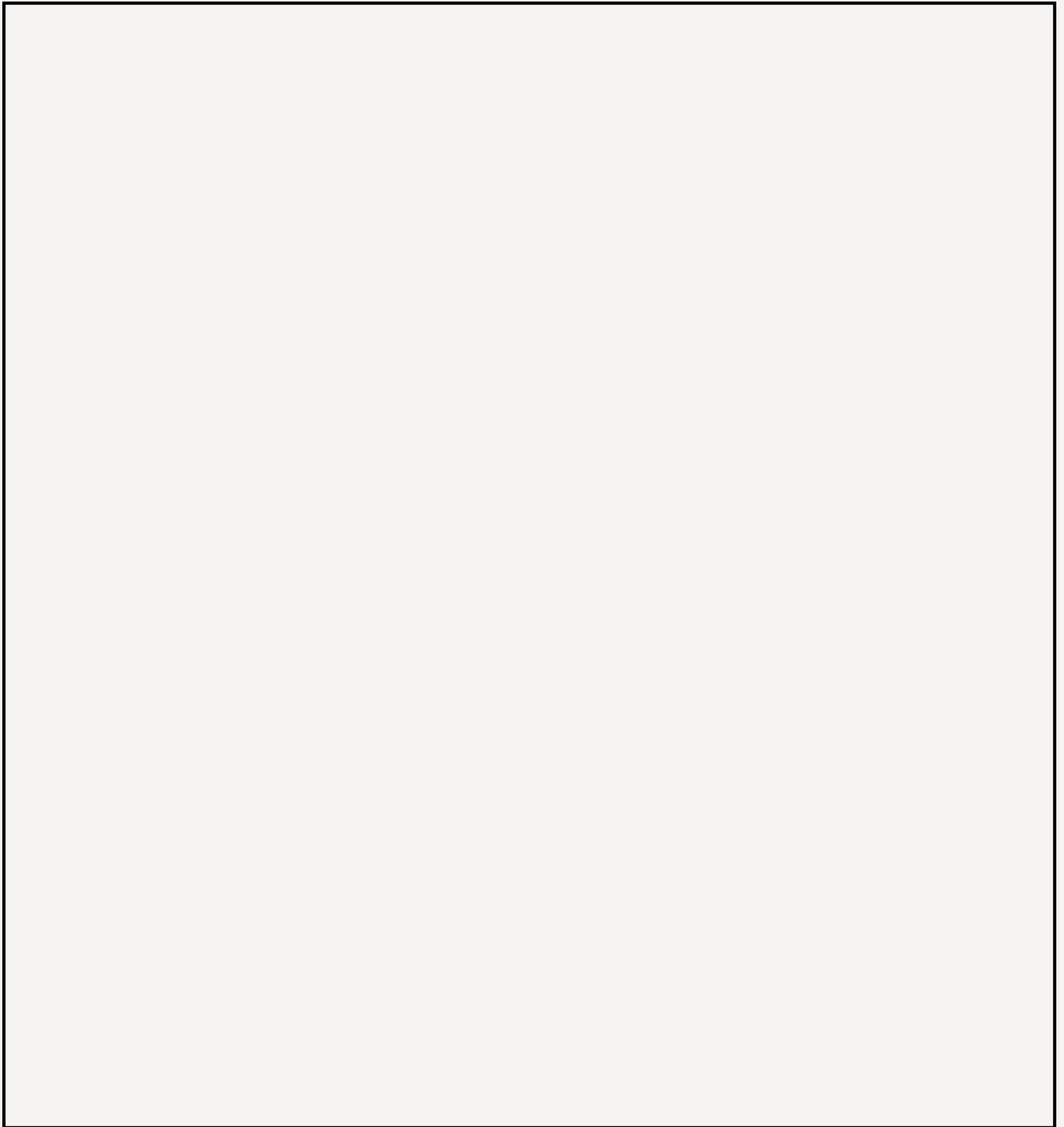
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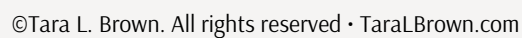
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MY HEALTH VISION BOARD





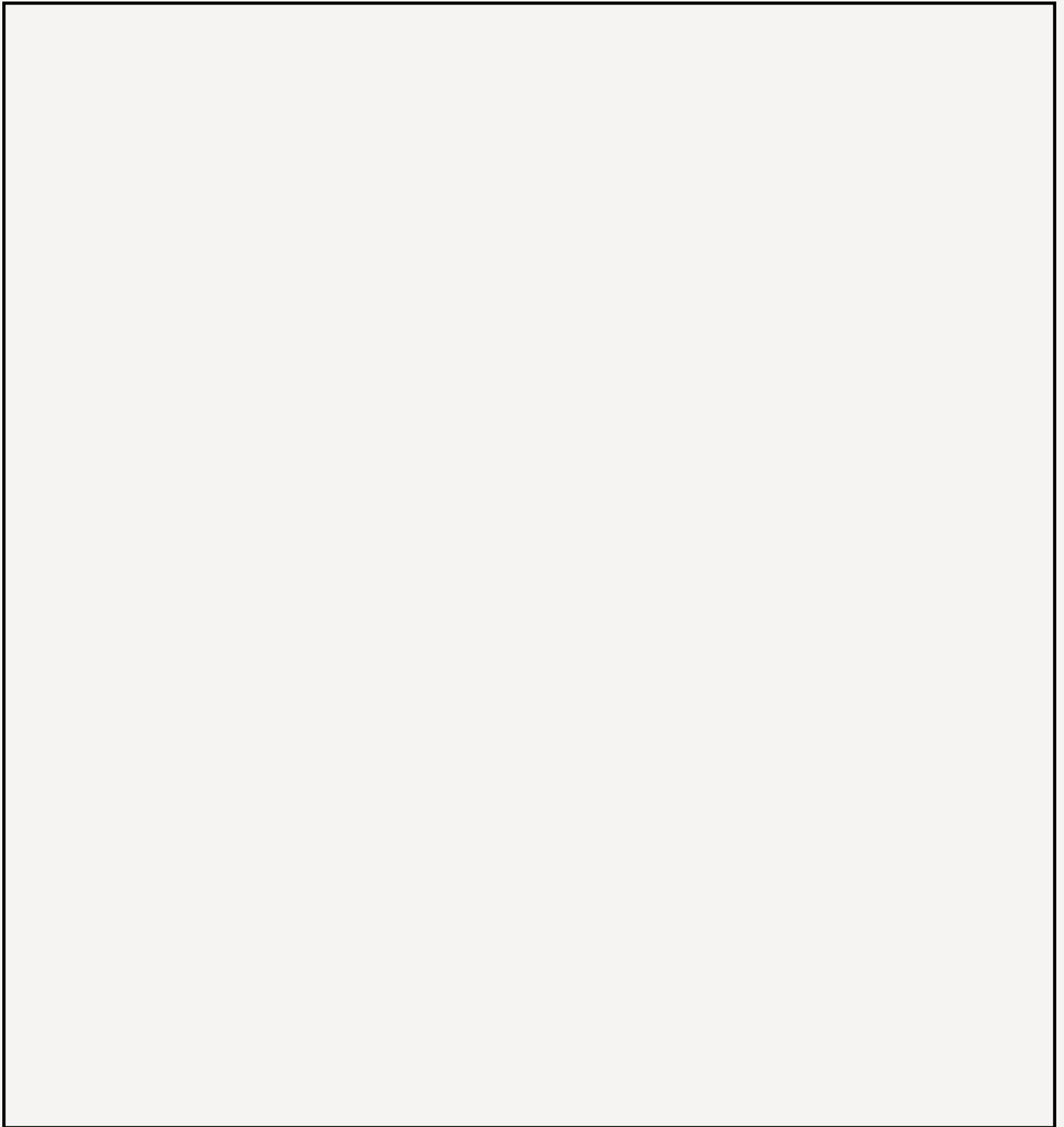
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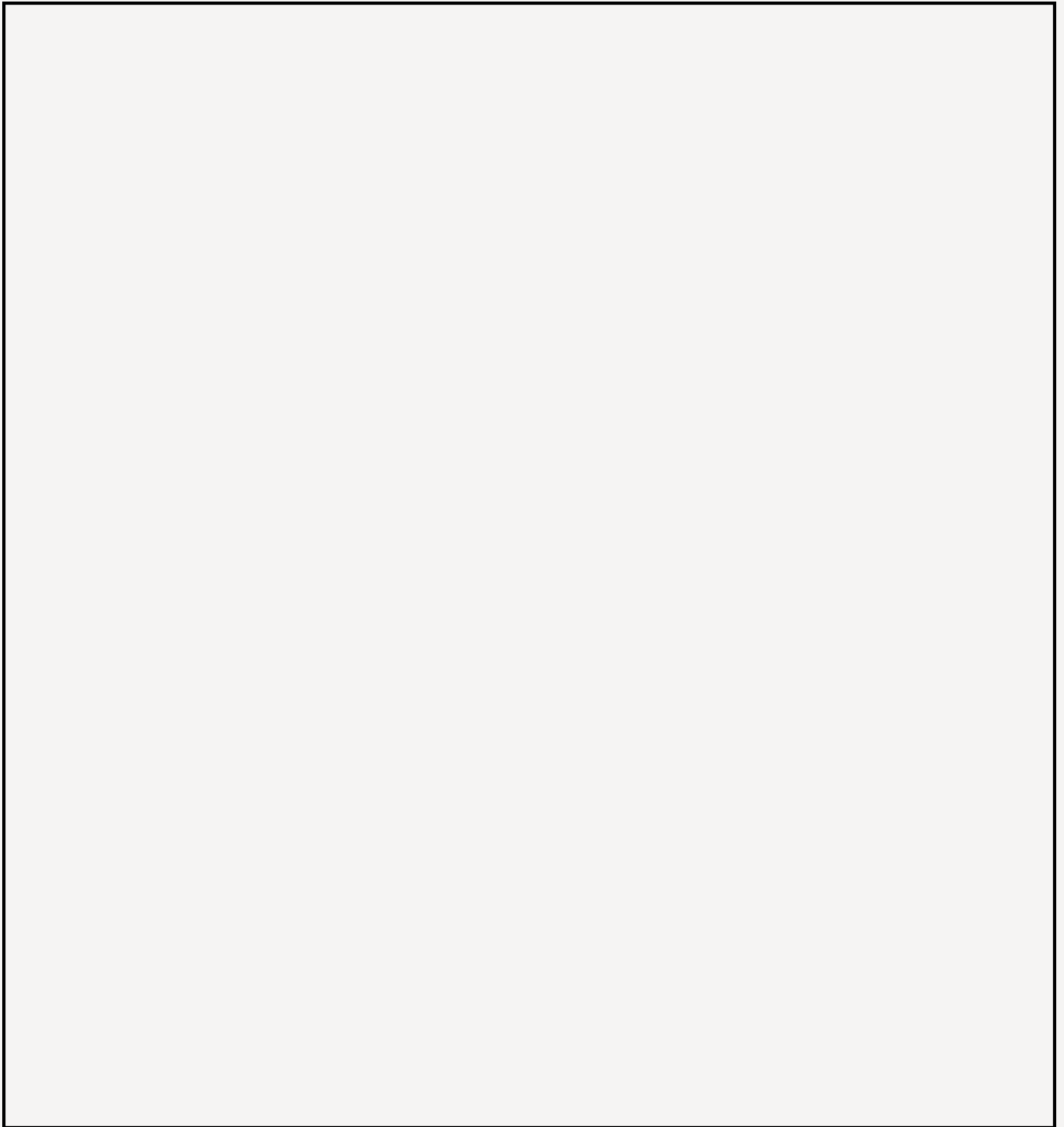
MY RELATIONSHIPS VISION BOARD





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MY VOCATION VISION BOARD





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MY TIME & MONEY FREEDOM VISION BOARD

