



Vision Map

Having a clear vision of your desires is the first step in attracting them into your life. Use the prompts below to get crystal clear on what you want.

Take a few moments to rate each area from 1 - 10 using # 1 as the lowest level of current satisfaction and #10 as the highest level of current satisfaction.

Rate from 1 - 10

Career/ Job _____

Significant Other / Romantic Relationships _____

Family _____

Friends _____

Physical Health and Well Being _____

Emotional Health and Well Being _____

Physical Environment / Home Life _____

Finances / Money _____

Spirituality / Religion _____

Education / Personal Growth _____

Fun and Leisure _____

Lifestyle _____

Balance in Life _____

Using the results from above, describe in more detail 1 - 5 areas in which you would most like to experience positive changes in the next 40 days.

Write about the current circumstances of this area, as well as how you would like it to look in the future. Begin by looking at the areas you rated with a six or lower as a guide.

1.

2.

3.

4.

5.

6. What do you want more than anything else in life?

7. What do you find yourself daydreaming about?

8. What does your heart long for?

9. What would it look and feel like if you received your heart's desires in the next 40 days?

Close your eyes and take a moment to create a scene in your mind. In this scene, all that you wish to create and call-in is already yours. Do not worry about how you will get there. Focus on the feelings and image of already having all that you desire.

Now, on a blank sheet of paper, in as much detail as possible, write without limits about what you saw and how you felt.