



SOUL VISIONING

When many are faced with their own mortality (a terminal illness, etc), they tend to chuck aside what they THOUGHT was important to focus on what really matters. All of the sudden superficial concerns like new clothes, new cars, more money and more status or power melt away and become replaced with a deeper, more grounded perspective. Their consciousness and attention shifts from the ego to the Higher Self, the SOUL.

WHAT IF YOU WERE TOLD YOU ONLY HAD ONE YEAR TO LIVE?

Truly put yourself here for a moment: What if you were told, just now, that you had exactly one year left on this planet. You had 12 months to experience what you've always wanted to experience; 52 weeks to spend time with and love on the people you care about most; 365 to create your final magic in the world. **From this place of imagining that you just heard the news today, answer the following:**

Have you truly LIVED? _____

Have you truly LOVED? _____

Have you truly GIVEN? _____

Have you honored your Soul's Mission? _____

What was left unsaid? _____

What was left undone? _____

WHAT WILL YOU CREATE?

Mission + Relationships

Write Your MANTRA:

List Your 3 Core I AM's:

I AM _____ I AM _____ I AM _____

Considering you have 1 Year left on this earth, and knowing who you are (I AM's) and what you're creating in life (MANTRA), what are you committed to creating in the space of your MISSION?

WHAT I WILL CREATE	WHY I WILL CREATE IT	STEPS I WILL TAKE (at least 2 steps)	BY WHEN?
EX: I will sign up to volunteer for a local organization	I want to be of service with my life	pick 3 organizations and call; make one day a week available; tell my partner to keep me accountable	By end of day today!
1			
2			
3			

Considering you have 1 Year left on this earth, and knowing who you are (I AM's) and what you're creating in life (MANTRA), what are you committed to creating in the space of your RELATIONSHIPS?

WHAT I WILL CREATE	WHY I WILL CREATE IT	STEPS I WILL TAKE (at least 2 steps)	BY WHEN?
<p>EX: I will create meaningful interactions with everyone I meet.</p>	<p>To light my soul on fire; and to feel the positive impact I can make with others</p>	<p>Heal my relationship with my family; engage people that I'm around daily; put phone on silent so I don't keep interrupting time with my loved ones</p>	<p>Call my family this weekend; anytime I'm around strangers; phone on silent NOW!</p>
<p>1</p>			
<p>2</p>			
<p>3</p>			