



Visioning Exercise for Vibrant Health

Find a comfortable position, seated or lying down, where you can safely close your eyes.

Relax your hands and allow them to rest where they want. They may be palms down to ground, palms up to receive, or placed over your heart for comfort.

Close your eyes.

Take a deep breath, filling your lungs with life giving oxygen.

Take another breath, a little deeper this time, feeling your belly rise.

Let it go.

Imagine that your stresses, your anxieties, and your worries are softening and melting away.

Find calm inside yourself.

Keep your eyes closed.

You are awakening from a deep, very restful nap, a sleep filled with delightful dreams.

As you awaken, you see the sky, clear and blue.

You are lying on your back in thick snow, the sun warming your face.

Sitting up, you look around and notice you are sitting on a high hill.

Around the top of the hill is a neatly trimmed hedge.

Standing, you walk over to the hedge, where you have noticed a gate.

Putting your hand on the latch, you lift it, and pause -- anything could be on the other side. You swing the gate open, and walk into your most authentic, fulfilled life. You begin walking down the path, each step taking you deeper into this new world that is **undeniably, authentically you.**



You look down the hill and realize that every aspect of your life is of you and for you.

You walk down the hill, further into this vision of your life. What is it like to live with vibrancy and authenticity, to fully love and be loved?

How do you care for your body?

What is your relationship with food? What do you choose to put into your body? How do you do it? Who do you share a meal with? Experience yourself having the kind of relationship to food that is just right for you.

What does movement and exercise look like for you? When do you do it? How do you move your body in a way that feels good for you?

What does it mean to rejuvenate yourself? How do you relax and recover? Imagine the balance of activity and rest that is just right for you.

How is your health in your vision? Experience feeling fully alive in your body.

What is your work in the world?

How do you engage your mind? How do you express your creativity? How do your talents contribute to the world around you?

Experience living on purpose.

What does connection mean to you?

How do you relate to others? How do you interact with those you love? What brings you joy and laughter?

Imagine fully loving yourself.



Now, spend a few moments just breathing and taking in the full experience with all of your senses to fully explore ***your authentic life.*** Take a moment to look around at the life you have created.

Now still with your eyes closed, come back to the present moment and take a look at your life as it is now. An honest evaluation without exaggeration. See your body, your mind, and your connection to others as they are today. Experience how your current reality feels.

Hold both your current reality and your vision in your awareness. There is a difference between them. Allow this difference to be there. This forms a creative tension that will drive you to make your vision a reality.

Take a deep breath and when you are ready bring your attention back to the room. Take some time to write, draw, or otherwise record your vision for your life.

After you have finished recording your vision, choose 1 action step that will bring you closer towards creating your vision.