



Vision Quest

R E T R E A T S

Unleash Your Passion, Love Your Life's Work!

Creating Your Vision of Success

Exercise: Create Your Ideal Scenario for Your Life

In a notebook or journal write your ideal scenario for your life. In as much detail as you can write your ultimate fantasy for the following aspects of your life. Write all of this in the present tense and affirmative manner, i.e. "I am very healthy and have a lot of energy." Use these headings to guide you.

- Work/Career
- Lifestyle/possessions
- Relationships
- Personal/spiritual Growth
- Physical Health

Don't censor yourself. Just write whatever comes to mind. Give your imagination full reign. When you complete this read it to yourself and allow yourself to picture yourself in your ideal scenario. Feel all of the attendant good feelings.

Enjoy it. Know that it is possible!