



Desire + Vision Exercise Instructions

Welcome!

This Desire-based visioning process is designed to help you create a crystal clear vision of what you really, truly want in your life, and what your business could look like to support that.

This exercise is unlike many visioning exercises you may have done before, because you will be working from your Highest Level – your true self, beyond “critter brain” or ego – and not your linear, thinking mind.

- **Schedule a time when you won't be disturbed for about an hour.** This will give you ample time for the visioning process (about 30 minutes), plus journaling on what you discover.

Be sure to let people in your home (spouse, kids, etc) know that you need quiet time for this process.

- **Listen to the audio,** which will walk you through the visioning.

Note that the exercise has TWO parts. You'll be visioning, then pausing the audio to take notes, then resuming the audio for part 2 of the exercise.

- **Be sure to journal on your answers to capture what you discover!** I've given you the questions from the audio in a worksheet, so you don't have to worry about missing anything. You can use the worksheet, or use your journal (your choice).

IMPORTANT: Do NOT peek at the questions before you listen to the audio. ;)

Enjoy this juicy process!

Elizabeth

