



## Visioning Exercise



Find a quiet time and place where you won't be interrupted or distracted.

- Close your eyes.
- Take slow, conscious deep breaths.
- Envision what you want to create.
- Picture the energies, resources that are out there, ready to help you and wanting you to succeed.
- Know you have a unique skill set, purpose here - only you can fill it – everything you have done to this point has prepared you for what you are about to do.
- Accept that the Universe wants you to succeed and is here to help.
- Share this with someone you trust.
- Begin living as if it's already happening – because it is!