



Envision yourself in a new direction. Practice giving yourself the flexibility and space to learn more, to be patient and to continue to establish behavior that flows along with the new knowledge you have fostered through your experience. Armed with your new knowledge, you can start to flow through each moment with present awareness, living in the true reality that you are enough. This is where your Vision begins.

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Consider what Vision means to you? How does that relate to your intention?
Close your eyes and practice your Vision. Let yourself go to your wildest dreams, the sky is the limit. Your time, energy, and money are unlimited. How do you feel, who are you with, what are you doing?
Set a timer for 10 minutes. Free write your Vision below.