Awaken Your Light

Participant Guide

Design Your Path to Personal Peace

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Consider Your Start

Successes

It is important to remember that you bring a certain level of wisdom, experience, growth, and success to this moment. List three successes:

1.
2.
3.

Cuppa Levels

You may experience various levels of fullness in each area of life at different times. Notice your levels in each area of life right now in this moment.

Harmony and Hope
Faith, Unity, Trust

Meaning and Purpose
Calling, Clarity, Growth

Self-Expression and Voice
Authenticity, Creativity, Freedom

Love and Support
Compassion, Respect, Understanding

Health and Well-Being
Energy, Fitness, Strength

Joy and Relaxation
Laughter, Play, Rejuvenation

Safety and Security
Grounded, Solid, Stable

Craft YOUR Vision

Taking time to craft a vision of what lights you up in each area of life allows you to live your life by design rather than by default. As you live your life from the vision of what you wish to create, you are more likely to experience greater inner peace.

Safety and Security

Joy and Relaxation

Health and Well-Being

Love and Support

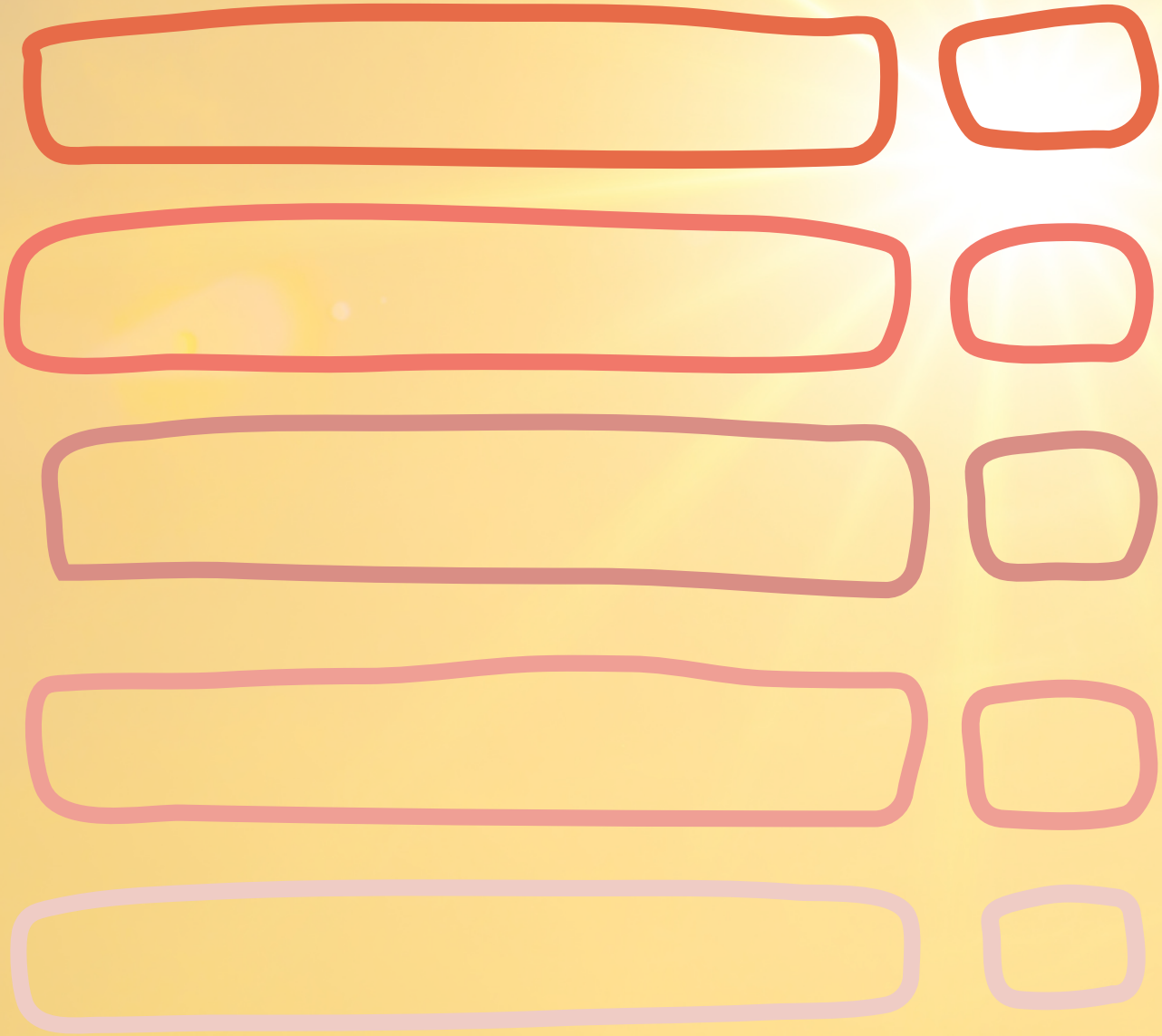
Freedom and Self-Expression

Meaning and Purpose

Check YOUR Beliefs

You may believe whatever you wish to believe. Your beliefs may be facts, yet do not reflect the whole truth about you, the people around you, or a specific situation. On the left side list, you may list five beliefs, and on the right check the box of the ones that serve the vision of who you wish to be.

My beliefs about me, this situation, or the people involved:



You are worthy of living a life that reflects and shines your beautiful light. When you align with your inner light, you create both inner and outer peace.

Congratulations

on completing the foundational steps toward

Awakening YOUR Light!!!

If you would like guidance or support as you additional steps toward designing your path to personal peace, you may contact Sherry at sherry@brucknermediation.com or 320.808.3212. Please visit BrucknerMediation.com/vision to learn more.