



*Awaken  
Your  
Light*

*Empower Your Vision*

D FS

*Appreciation, Connection, Love, Respect, Support* 1 2 3 4 5

*Autonomy, Dignity, Freedom, Independence, Spontaneity* 1 2 3 4 5

*Balance, Ease, Harmony, Hope, Peace* 1 2 3 4 5

*Clarity, Growth, Integrity, Meaning, Purpose* 1 2 3 4 5

*Fun, Joy, Laughter, Play, Relaxation* 1 2 3 4 5

*Physical, Emotional, and Spiritual Health, Safety, Well-Being* 1 2 3 4 5

*My intention for today is...*

I am so happy and grateful now that I....

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I am so happy and grateful now that I....

I am so happy and grateful now that I....

*All this or something even better still...*



Vision Test

Is this vision worthy of \_\_\_\_\_ ?

1. Am I \_\_\_\_\_ ?
2. Am I \_\_\_\_\_ ?
3. Am I \_\_\_\_\_ ?
4. Am I \_\_\_\_\_ ?
5. Am I \_\_\_\_\_ ?

Next-Step Nuggets

The one step I will take in the next 7 days is \_\_\_\_\_.

I will do this on \_\_\_\_\_ @ \_\_\_\_\_ a.m./p.m

As a person living this vision, I am ....

*The Truth does more than set you free. Truth heals.*

*The Truth is...*

*I am here to shine my light.*

*I am worthy of living a life I love.*

*My inner light contains beauty and power.*

*Acting in alignment with my vision,*

*I shine my beautiful bright light*

*everywhere I go*

*with everyone I meet.*

*Be gentle with you. Be gentle with all. Be the peace.*

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