



*Awaken  
Your  
Light*

*Empower a Vision for Peace*

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Health and Well-Being

Physical, Emotional, and Spiritual ~ Comfort, Mobility, and Security     1     2     3     4     5

Joy and Freedom

Laughter, Play, Self-Determination, Self-Expression, Spontaneity     1     2     3     4     5

Love and Support

Acknowledgement, Appreciation, Intimacy, Respect, and Understanding     1     2     3     4     5

Peace and Purpose

Alignment, Balance, Growth, Harmony, and Hope     1     2     3     4     5

*My intention for today is...*

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.*

*Listening to my heart, I honor my light.*

*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.*

*Inner peace creates outer peace.*

*Personal peace leads to world peace.*

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

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