



# CONSCIOUS VISIONING

## *What do I really want?*

*Many people haven't asked themselves "what do I really want?" in regard to their lives. Without a careful inquiry into what you want now, you are likely to repeat old patterns that were imprinted when you were younger. The past does not have to equal the future. This process will help you create in the future what you want now.*

### **GOAL CHECKLIST**

*Does it have heart?*

*Is it stated positively?*

*Is it in the present tense?*

*Does it represent your most expanded self?*

*Is it sensory specific?*

MY OVERALL LIFE GOAL IS TO

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Also, I

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Also, I

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Also, I

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Also, I

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Also, I

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