

# VISIONING ASSIGNMENT

BELOW IS A LIST OF IDEAS YOU CAN USE THIS WEEK TO BETTER VISUALIZE YOUR BIG "YES". FIND THE PROCESS THAT FEELS BEST FOR YOU AND SPEND THE WEEK GETTING CREATIVE AS YOU BEGIN TO "FEEL" YOUR VISION.



## **Vision Board**

Create a vision board to hang in your room or keep in a place that you can see it regularly. Place pictures of the way you want to feel on a board or large sheet of paper. You can get as creative with this as you want. You can find pictures in magazines, the internet or on your own camera.



## **Journal**

Sit down in a quiet space and begin to think about how it "feels" to have healed and to now now be living your Big "Yes". Then journal all about how you feel in that moment. It is important in this exercise to think of it as if it is happening now, not in the future. Then sit down down and write all about what you saw, how you felt, etc.



## **Record Yourself**

Sit down in a quiet space and begin to think about how it "feels" to have healed, and to now be living your Big "Yes". Then record on your phone or computer how you are feeling. Don't be shy - no one else ever has to see it but you! be sure to record from the "I am" perspective. In other words, record as if it is happening now. "I am feeling... I am so excited because..."



## **Video Board**

Create an online picture board/video - you can even add music if you want to get really creative and have fun with it!

- [www.canva.com](http://www.canva.com) - This site can help you create a fun picture board and they have a free version that will give you everything you need.
- [www.pexels.com](http://www.pexels.com) - they provide free pictures that you are allowed to download.

We would love to see & hear how this exercise went for you, and even what you have created if you choose to share. You can post a picture or comments in the Wellness Program Group chat!