

# The Simply | Life Area Creative Visioning

## Life Area

Take a moment to reflect on each of your life areas - you can use this list, or allow an area to come forward:

- Relationships: friends, family, romantic
- Work/Job/Income
- Health & Wellness
- Spirituality
- Service/Giving Back
- Finances

**Sit with the area that has the greatest positive charge for you in this moment.**

## Follow the Positive Threads

This is about following the next good feeling thread so don't worry about possibility or reality at this time, just let your imagination run!

On the highest positively charged topic, dive into how amazing it could be, then pull at the thread that leads you to even more amazing, and keep doing that!

**How much more amazing can this be?**

Keep following the most positively charged thought and just keep going and going and going!

**At the "peak", keep going!**

And when you think you've really reached the peak, pull another positively charged thread until you feel complete.

Some tips as you do this visioning exercise:

- The HOW is not important - allow your imagination to expand your experience
- Time does not exist - when you are open to receiving, what you desire will be provided to you
- FEEL the EMOTIONS of receiving your desires - it is through your emotional vibration that what you desire is presented to you
- There is no order of difficulty - what you are **available to receive** is based upon what you believe that you can receive, not what is possible
- There are NO LIMITS - anything you desire can be yours if you BELIEVE that it can be!

## Clarity

Get clear on that vision: see, feel, smell, touch, taste, experience **everything** about it.

And write it out...

**And claim it.**

This is Your Life!

What permission do you need to give yourself to accept that this is possible for you, in this life, in this year, in this six months, in this three months, right now?

## Key Themes

What are some **key desires/feelings/emotions/themes** that you can focus on for the next month/quarter/half/year that will bring you forward to this scene one year from now?

**Remember, the HOW is not important (this isn't a step-by-step planning).**

This is to focus on some key themes that you can reflect on as you move into the New Year.

## Final Thoughts

Take this and run with it! Add or subtract as works for you. If a word or concept doesn't work for you, take it out or replace it.

The most important thing in all of this is that you **BELIEVE** that you can actually receive what you are asking for.