

# *My VISION for the Future*

*I am creating this or something better; And, so it is!*

“EVERYTHING that I think, say and do is a reflection of what I have decided about my Self;  
it is a TRUE statement of WHO I AM; even more so, it is a creation in  
my deciding of WHO I WANT TO BE.”

~ Neale Donald Walsh, Conversations with God

## CREATE YOUR SELF MASTERY JOURNAL

\*highly recommended pages

### **SECTION ONE - WORKBOOK**

1. \*This years word; optional: documented diagonally so you can create power words for each letter
2. \*Your personal objectives for the year ie your top 3 areas of life that require your attention and self-awareness without judgment
3. Your Guides; I personally use Kyle Grey's Keepers of the Light for any daily guidance as well as channeling my council of 12 (see our group page during the holidays for the video teaching you how to channel your council of 12)
4. Your insights page; this is where you document your a-ha moments about your power word throughout the year; I use these pages with sticky notes to figure out what the letters of my word could possibly mean to and for me
5. \*Your summary page; this is a quick reference for each area of life where you can document your precept for the year
6. Your goals for the year ie: things you would like to accomplish that are not necessarily "area of life" related; I have a personal and a professional page side by side
7. Your SCALES OF AWARENESS summary page; As well as a new document to make any shifts in perspective that you require throughout the year
8. Your Self Awareness Summary pages - using the information from your Authentic Self session ie: triggers, controllers and thrive energies; your gender energy, true energy type and your navigation type

### **SECTION TWO - EACH AREA OF LIFE**

9. Your Action based documentation
  - (a) For each area of life choose a double-section ie two pages as the book opens
  - (b) on each page create a place for:
    - i) your precept for that area of life; this attracts to you more of this like energy

My consistent daily action = 'I show up for myself'

# *My VISION for the Future*

*I am creating this or something better; And, so it is!*

- ii) a list of what living in Self Mastery in this area of means to you
- iii) your daily consistent action

## **SECTION THREE - YOUR JOURNAL**

10. A space to document your aha moments as your work or don't bother to work each area of life throughout the year; this will give you 'a remembering' of the content to share with your group in our 1st Monday of the month meeting.
11. *Some of the questions you ask yourself each week or month as you check-in:*
  - ~ what did I learn this month about this area of life; about my power word as related to this area of life
  - ~ how do I elevate my self-awareness in this area of life this month
  - ~ how does my precept in this area of life help me to create, allow and attract more 'like' energy
  - ~ what is my consistent daily action and why does it make sense to me for this area of life

## **IDEAS**

- Cut out powerful images from magazines that represent each area of life for you
- Collect quotes that inspire you to be, do and have "better"
- I personally love sticky notes while I am in the design stage. Once that idea has become something for me I then put it to pen
- I always use tape, never glue, that way I can move anything from this book into a next book if I need to

## **TO DO for our masculines/ BE IN for our feminines**

- At least once a month (I do this every Sunday, rarely an exception, for several hours; that's just how important this is for me) practice Self Mastery by reading over all created components and being present in the current month's work. Journal, point form journal or audio journal if you can.

My consistent daily action = 'I show up for myself'