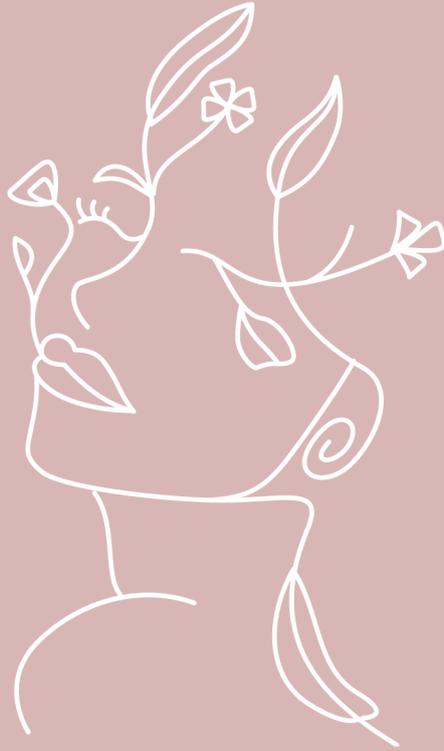


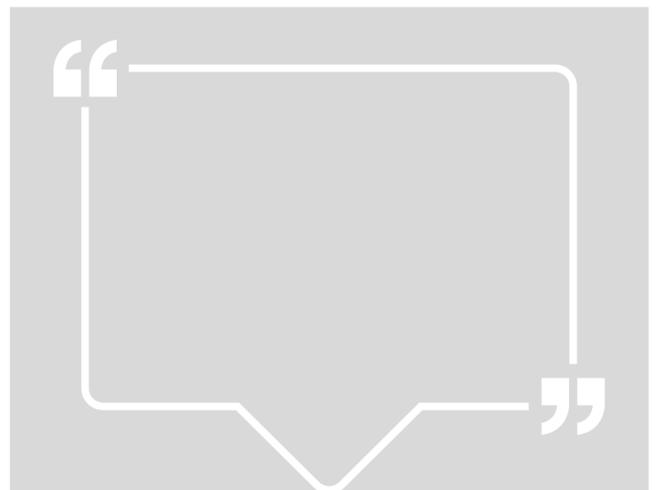
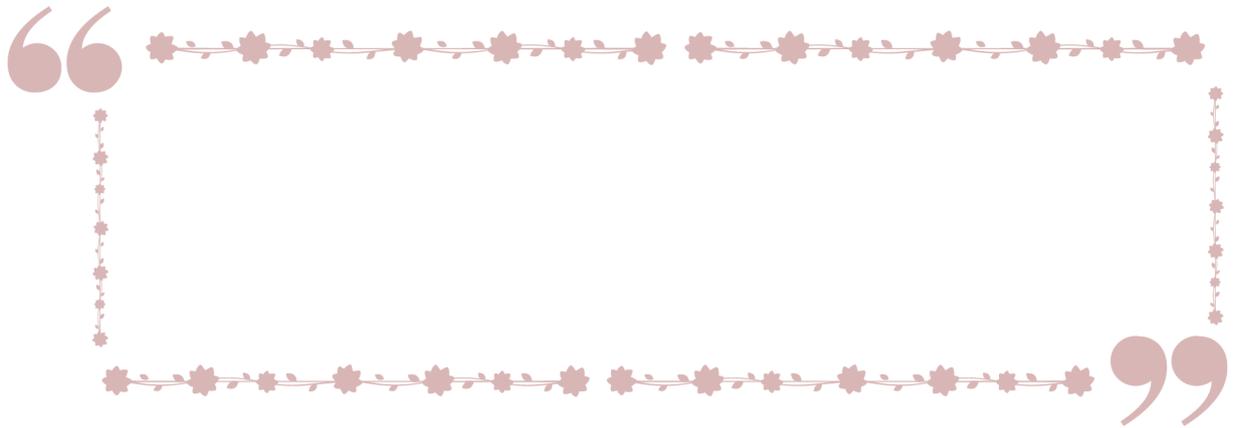
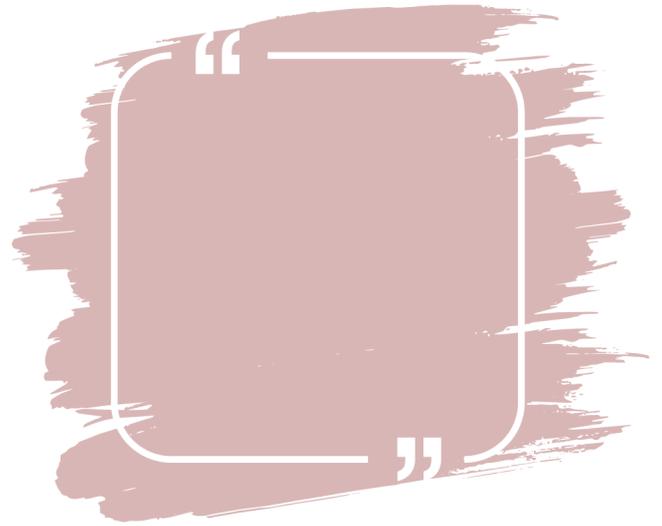
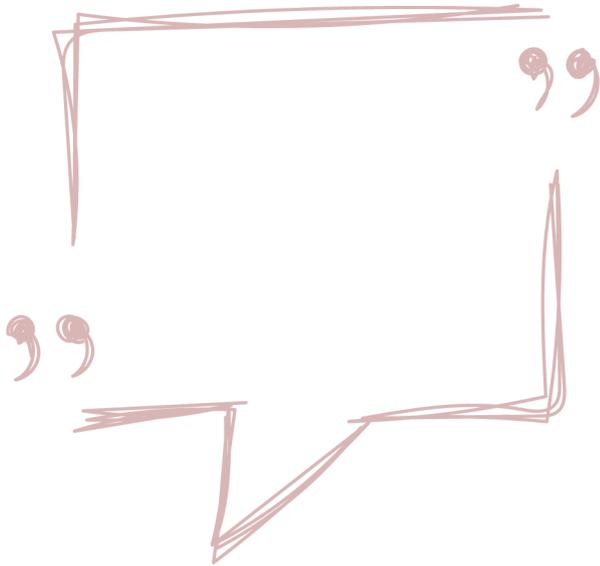
VISUALIZATIONS, MINDMAP EXERCISES & MORE



VISION BOOK  
*journal*



# INSPIRATIONAL QUOTES



# AFFIRMATIONS



“ I THINK,  
THEREFORE I AM ”



I AM WORTHY OF  
LOVE, RESPECT &  
REACH MY DREAMS



“ I ATTRACT  
GREAT  
OPPORTUNITIES ”



“ ME & MY  
LOVED ONES  
ARE HAPPY &  
HEALTHY ”



“ I AM  
HEALTHY  
STRONG &  
VIBRANT ”



“ SUCCESS FLOWS  
TO ME  
EFFORTLESSLY ”



# 10 AFFIRMATIONS



**1**

**2**

**3**

**4**

**5**

**6**

**7**

**8**

**9**

**10**



# INTUITION



# MAP



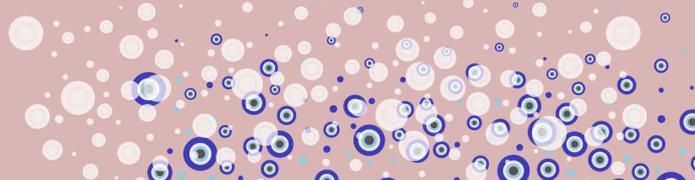
VISIONS



DREAMS



**MUGWORT  
WORMWOOD  
BLUE LOTUS  
CALEA ZACTECHICHI**



# DREAM JOURNAL



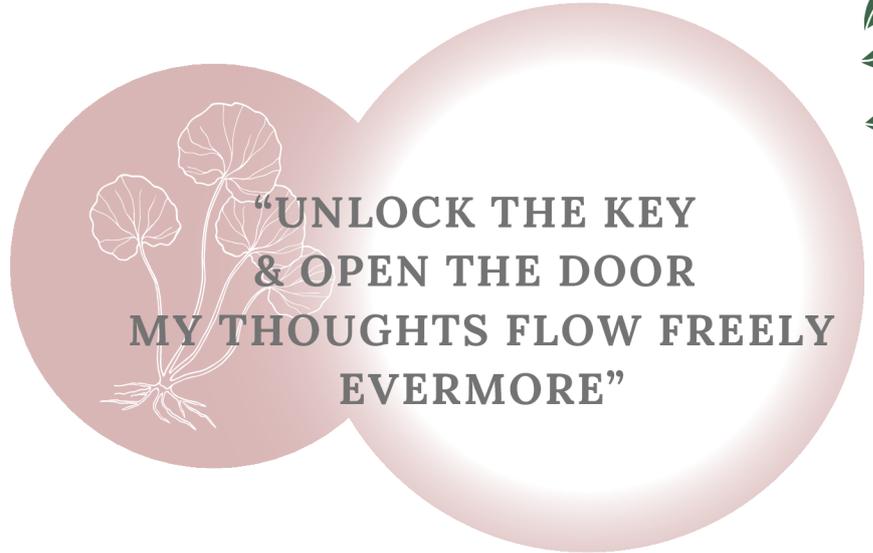
MIND



MAP



IDEAS



“UNLOCK THE KEY  
& OPEN THE DOOR  
MY THOUGHTS FLOW FREELY  
EVERMORE”



THOUGHTS



KNOWLEDGE



PEPPERMINT  
LEMON BALM  
GINKGO BILOBA  
ASHAWAGANDHA  
HOLY BASIL  
GOTU KOLA



# VISIONARY COLORING



# EXPRESSING GRATITUDE



A vertical stack of eight horizontal bars, each a solid dark red color, intended for writing.

A vertical stack of eight horizontal lines, each a dark red color, intended for writing.

A large rectangular frame with a dark red border. The bottom edge of the frame is decorated with a series of small, dark red floral motifs.



# TREE OF THOUGHTS

THOUGHTS BECOME WORDS  
WORDS BECOME INTENTIONS  
INTENTIONS BECOME SPELLS  
SPELLS BECOME ACTION



VITALITY

PURPOSE

---

---

---

---

PEACE

FAMILY

---

---

---

---



ABUNDANCE

HOPE

WEALTH

---

---

---

---

MAGIC

FRIENDSHIP

JOY

WONDER

---

---



---

---

# GRATITUDE JAR





# I AM THANKFUL FOR

Think about everything that you have and what you have to be thankful for.  
Draw a picture in the circle of something you are thankful for and write a spell of  
appreciation to enhance it 10 fold.



I am thankful for:

Enhancement Spell: :



# VISIONARY COLORING



# TAPPING INTO MY DIVINE FEMININE



## Habits to Change



**INCANTATION:**  
BREAK THESE CHAINS MY WILL  
BENDS THEE,  
RELEASE ME FROM OLD HABITS,  
SET ME FREE

## Skills to Learn



**INCANTATION:**  
TAP INTO THE TREE OF  
KNOWLEDGE ENTWINED  
UNLOCK THE PASSAGE TO  
ENLIGHTEN MY MIND

## Values to Enhance



**INCANTATION:**  
WITH THESE WORDS I SEEK TO  
SHINE  
WITH EACH NEW BREATH I RISE  
DIVINE

## Qualities to Adopt

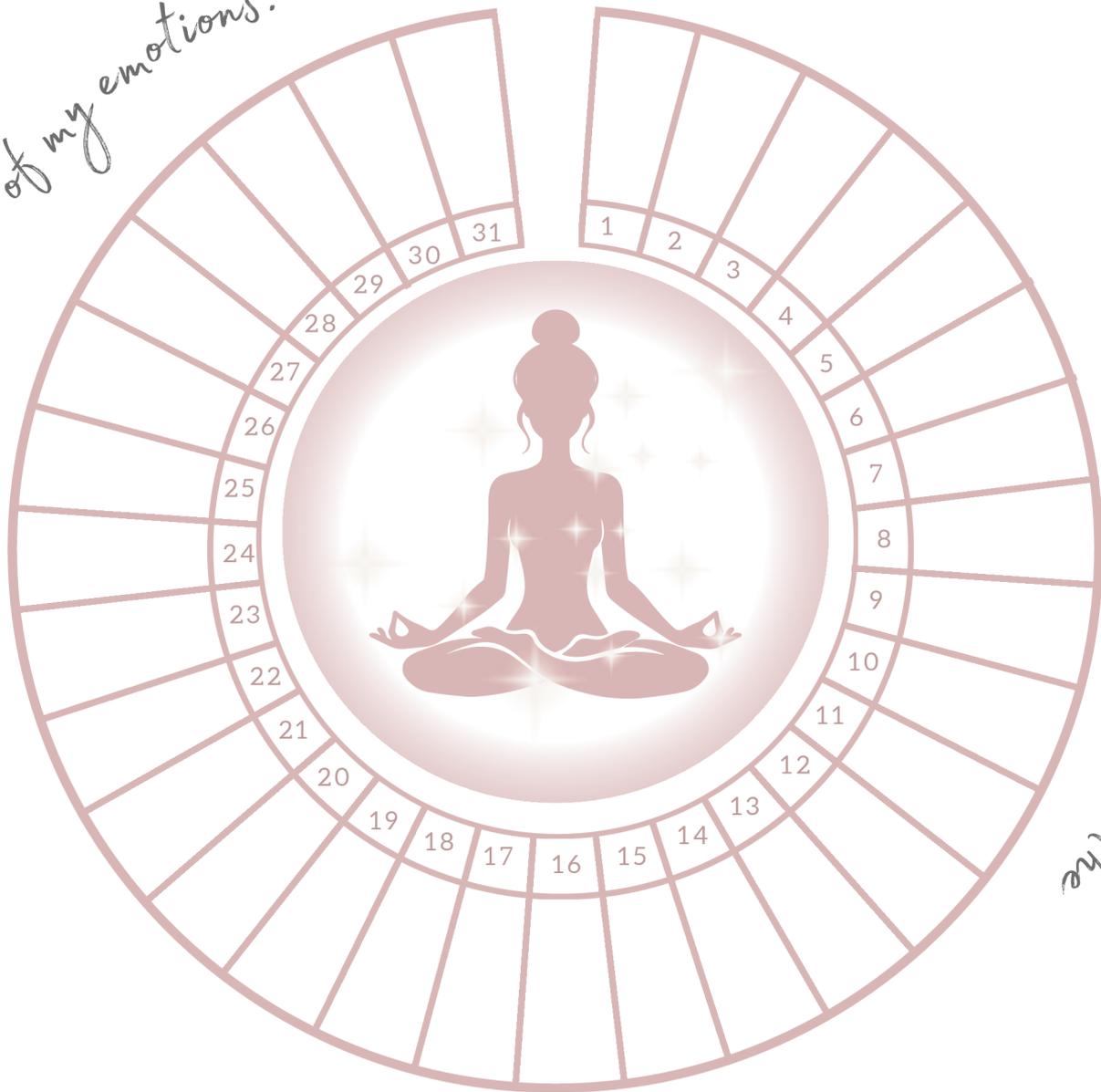


**INCANTATION:**  
QUALITIES FROM THE  
WELL OF THE DIVINE  
I POUR INTO MY SOUL  
AS WE ENTERTWINE

# MOOD TRACKER

MONTH \_\_\_\_\_

*Master of my emotions.*



*Just Breathe*

NEUTRAL

TIRED

STRESSED

GRUMPY

SICK

SAD

RELAXED

HAPPY

ANGRY

# VISION BOARD

WHAT I'D LIKE TO ATTRACT



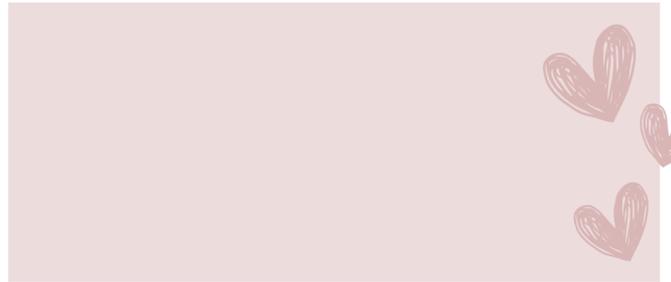
SPIRITUALITY



PHYSICAL HEALTH



SELF LOVE



MY FAMILY



MONEY MINDSET



MY BIG GOAL



# JOURNALING PAGES



Eight horizontal white lines for writing.



Five horizontal white lines for writing on the left side of the central illustration.

Five horizontal white lines for writing on the right side of the central illustration.



Eight horizontal white lines for writing.



# MY VISION BOARD

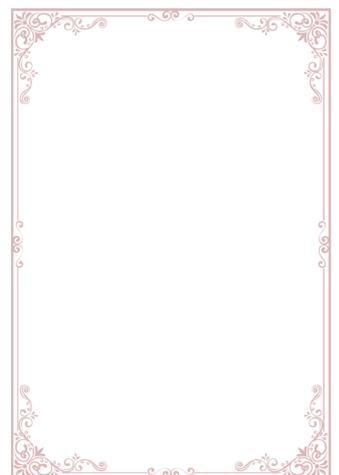
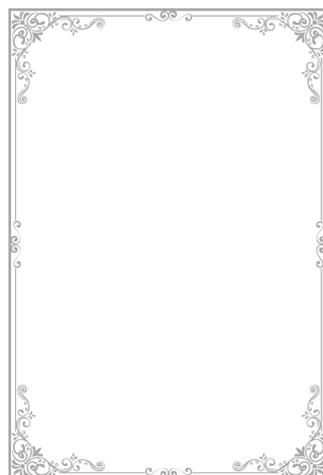
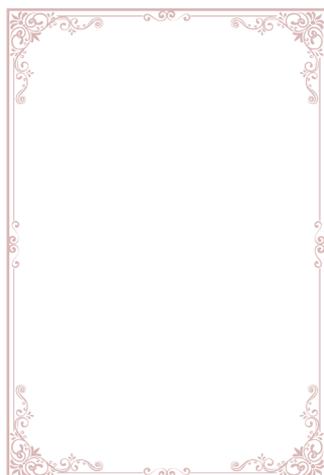
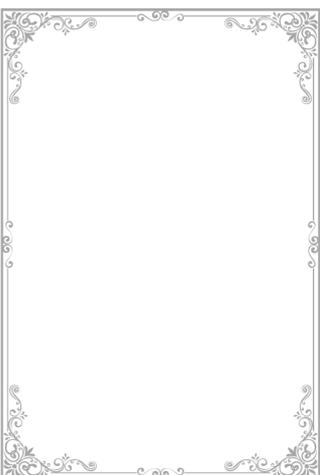
## MY FAVOURITE QUOTES



## MY SAFE SPACE TO RELAX



## MY GOALS





# VISIONARY COLORING



# MONTHLY VISION



Goals, accomplishments, blessings

Celebrate Last Month

Envision

What do you want to happen this month?

Must Do This Month

Personal

people

passion

Purpose

Projects

Events

# JOURNALING PAGES



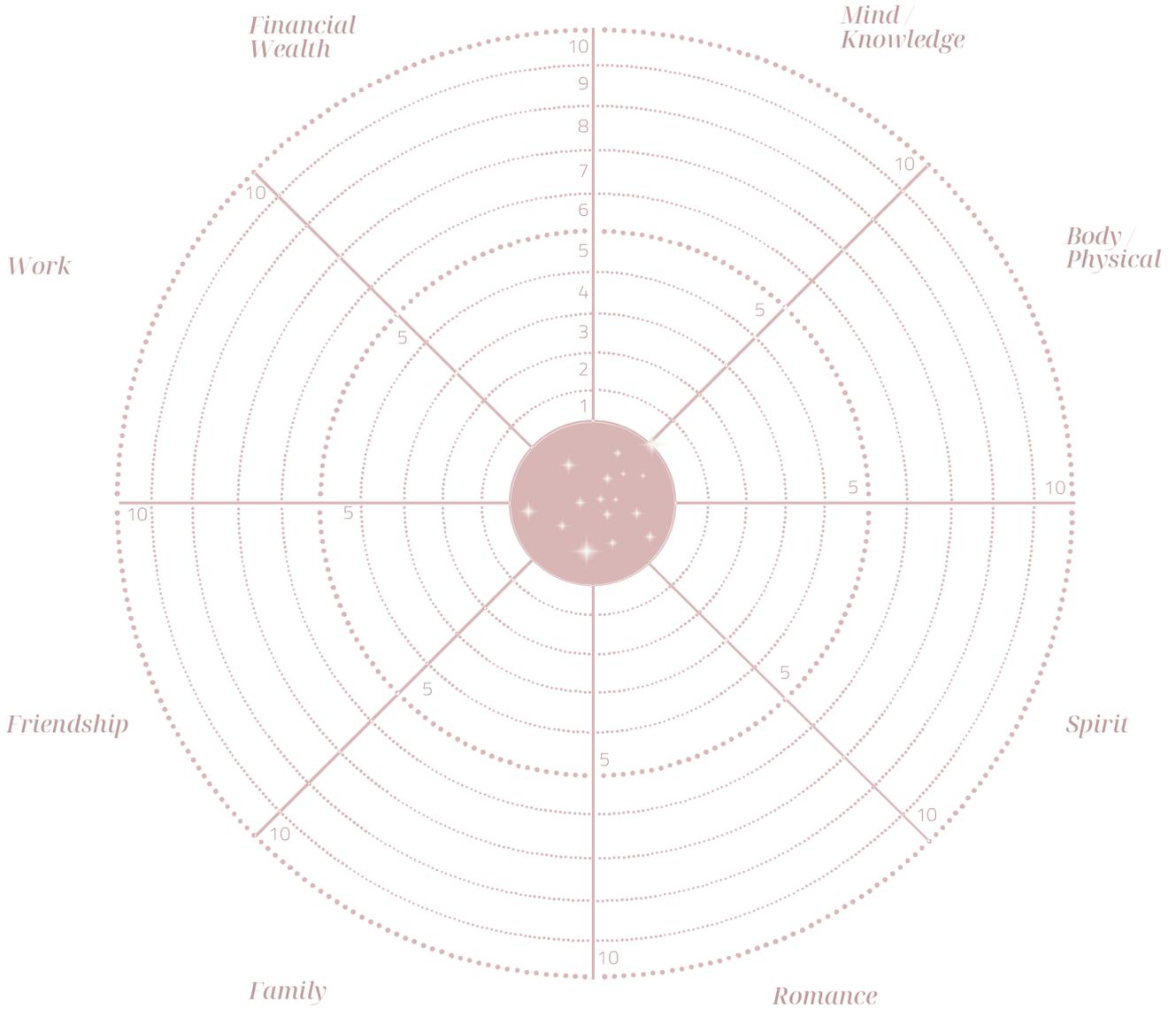
# MY AVERAGE DAY



# LIFE WHEEL

MONTH \_\_\_\_\_



NOTES

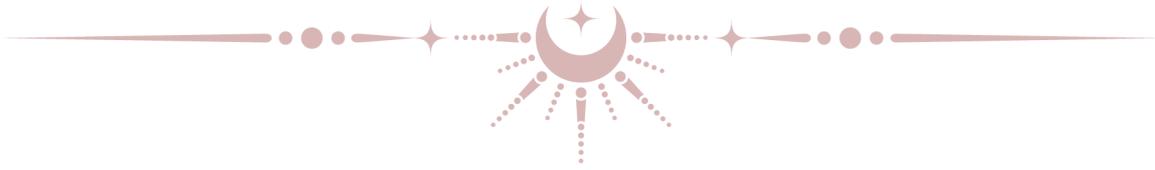


# VISIONARY COLORING





# YOGA LOG



TODAY'S DATE

MUSIC

Yoga Position	TIME	DONE
		<input type="checkbox"/>



GOAL/S FOR TODAY'S Yoga SESSION



# MEDITATION



# TRACKER



DAY

MEDITATION ACTIVITY

DURATION

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

TOTAL MEDITATION TIME:







# VISUALIZATION



DURING MY VISUALIZATION I SAW:

DURING MY VISUALIZATION I FELT EMOTIONS:

USING MY 5 SENSES, I COULD SEE, HEAR, SMELL, TASTE, TOUCH:



WHAT I'D LIKE TO SEE MORE OF:

WHAT I'D LIKE TO SEE LESS OF:

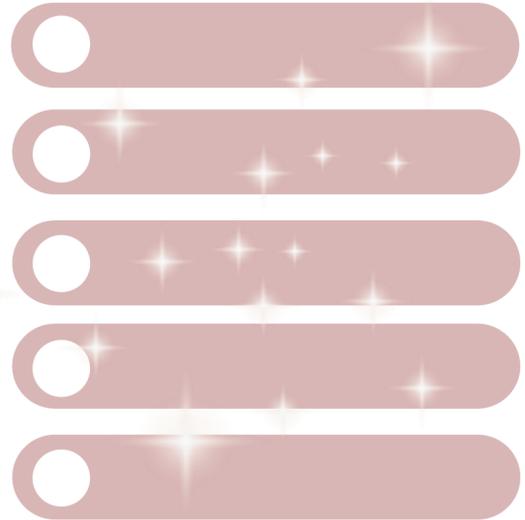


# BUCKET LIST

DATE:

---

<input type="checkbox"/>	_____



_____	
_____	
<input type="checkbox"/>	_____



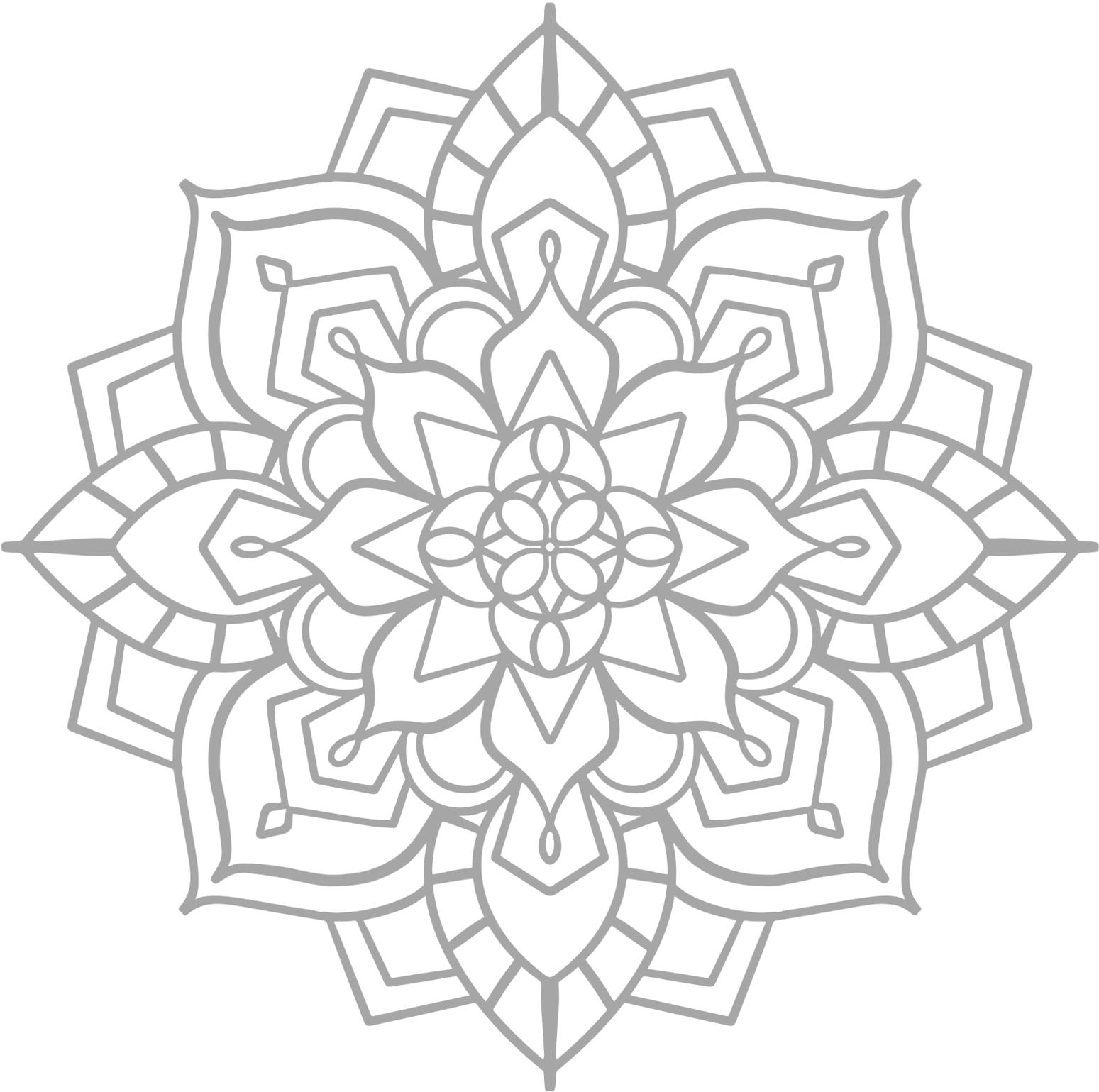
NOTES

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# VISIONARY COLORING



# MY NEW REALITY





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