

My Healing Year 3 Step Worksheet

Envision in your mind what your eyes cannot yet see!

This Worksheet is the first step to helping you Reflect, Visualize and Create your Destination. Follow this Work up with the *Action Brainstorming Worksheet* which walks thru breaking down the Actions & Behaviors which impact your Grand Vision.

Let's get started...*Find a safe and comfortable place to sit down. You may wish to follow a simple guided meditation before beginning. Relaxing, calming music may also be helpful. Calling to your mind the part within you that wants only the best for you, work thru this My Healing Year 3 Step Worksheet from a place of openness and love. Remember to sign & date on the last page to keep these commitments to yourself.*

1st Step Grand Vision		
1	<p>Brain & HeartStorm</p> <p>Visualizing My Healing Year, here are a few words and phrases that describe what I want it to look like:</p> <p>(Hint: Do not hold back. Begin listing what I envision, e.g., Hope, I want to be Happy, Laughter.)</p>	
2	<p>Grand Vision</p> <p>Reflecting on my words and phrases above, my Grand Vision for My Healing Year is:</p> <p>(Hint: Turn my words and phrases into a positive, statement of empowerment, i.e., I commit to Healing my Grief in 2018. I may even find that I have more than one Grand Vision, and that's OK, but I won't get overwhelmed.)</p>	

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2nd Step | Break-It Down

Here are the ways I commit to living my Grand Vision:

(Hint: These are specific, action-oriented "I will" Choices I commit to making, i.e., Read positive material, Practice gratitude, Get manicures, Be Positive)

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

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3rd Step | Blocks

1	Brain & HeartStorm	<p>Thinking about the ways I commit to living my Grand Vision, what blocks and challenges do I anticipate?</p> <p>(Hint: Thinking about how I fill my days, I will list what might stand in my way to living My Healing Year, i.e., Sadness, Finances, Negative people, Exhaustion.)</p>	<ol style="list-style-type: none"> 1. 2. 3. 4. 5.
2	Openings	<p>I will create these Openings in my life to move around the Blocks:</p> <p>(Hint: What are the specific ways that I can work-around and knock down the Blocks that keep me from my Grand Vision?)</p> <p>The <i>Action Brainstorming Worksheet</i> takes this 3rd step further!</p>	

Name: _____

Date: _____