



An Exercise

Creating a Vision for Your Life

PURPOSE:

To honor ourSelves
To open to creativity
To balance the brain
To heal our lives through recognizing the
importance of integrating all of whom we are.
To create the lives we desire to live.

For 1-2 minutes before each of the following activities:

BREATHE.

**QUIET YOURSELF AND FIND YOUR PLACE OF INNER PEACE.
LISTEN TO THAT STILL SMALL VOICE WITHIN.
AND WRITE DOWN WHAT COMES TO MIND,
WITHOUT JUDGMENT.**

Read the activities one at a time. Allow 3 minutes for each activity. Write your responses on paper; perhaps in your journal. Repeat breathing, centering, and listening between each activity. Remember: Effortless effort! Let it be easy. No judgment! The first four activities can be changed to reflect the issue or situation of the individual(s) with whom the exercise is being done. For example:

“Identify what you have learned from your parents”; or

“Identify what you have learned from this dis-ease”; or

“Identify what you enjoy about this relationship”; or

“Identify what you have learned from Nature”; or

“Identify your thoughts, your understanding of God, the Source, Universal Intelligence - whatever you perceive Him or Her or It to be.” Any of these examples can be substituted for the activities listed as 1 to 4.

- 1) Identify what you love to do. What makes your fingers tingle? What do you really like? (list as many or as few as you like) (3 minutes)

- 2) Identify patterns that are repetitive in your life. Perhaps it is a pattern that repeats itself in your relationships, perhaps it is a pattern that repeats in the relationship you have with your parents, your friends, and your children or with food, or from your childhood, or from school. Examples: I never have worried about my weight. I've always liked sports. I can always find the silver lining to any situation. I'm always saying "sorry." Persistence is a pattern of mine. (3 minutes)
- 3) Identify your talents, your strengths, your God-given gifts, or characteristics of yourself. (3 minutes)
- 4) Identify your fears, your doubts, worries, and concerns. (3 minutes)
- 5) "Create" a "story" integrating, honoring all that you have listed from the above activities. It might take the form of a children's story, an anecdote, a prayer, a tale, an adventure, a myth, a memory, an experience, or a picture; or perhaps it may take the form of a job description for your life advertised in the national newspaper. Allow 5 minutes.
- 6) Share the stories now or later. Do share the story with someone. Sharing your story is important and surprisingly power-full.
- 7) Identify at least one action based on what you have written that you will apply in your life today. Keep what you have written in a place where it will remind you to focus your energy on what you desire for your everyday.

(by Barbara Cull-Wilby & Martha Fortune)



**271 Woodstock Road, Fredericton
New Brunswick, Canada E3B 2H8
(506) 455-0877 barbara@wholecare.ca**