

My Vision Activation Tool

Do Be Have

And no, that does not say “Do behave”

The question is..... What do you want?

What do you want to do? Who do you want to be? What do you want to have? And how do you want to feel?

It is important to come to these questions, not from a place of need - “I *need* this or that in order to feel complete, enough, whole, worthy, etc...” But rather, come to these questions simply from a place of *desiring* growth, change, transformation and new opportunities. Desire is not a bad thing. Wanting more is not necessarily a bad thing.

The great teachers of today and throughout time don’t guide us to not desire. Their guidance is typically to minimize our suffering by not being *attached* to our desires. Desire from a feeling of lack, need and desperation is very different than desiring opportunities to grow, expand and create.

Everything grows, changes and transforms. Everything is moving from its current state of being into a changed state of being. Everything is moving from what it currently is to what it is becoming. And so are you.

You don’t *need* more to be enough. You already *are* enough. You already *are* worthy. It is from this clear place of “enough-ness” that you can allow yourself to simply *want* more as you continue to explore, discover, grow and evolve as an ever-learning and ever-changing human being. In many instances, more will mean less. More stillness means less chaos, more peace means less drama.

So, the question is, how do you want to consciously bring your awareness to the question of what and who you are becoming? Either you are consciously choosing what you would like to manifest in your life or you’re just along for whatever ride happens to come your way. You are either purposefully and creatively living your life or life is blithely living you.

You not only get to actively participate in your evolution, I would argue that it is your responsibility to live life as fully as you can! We all make a difference and when we’re all at our best, everyone benefits.

Now, will it all turn out exactly as you imagine or plan? No, it won’t. Thankfully so. More often than not our “plans” turn out in ways that are quite pleasantly surprising. Most of us are living lives that we didn’t see coming. Both the challenges and the bounty are most likely not exactly what we were planning. Gifts are like that, we don’t see them coming.

But that doesn’t mean that we don’t make plans and set goals. We envision and imagine possibilities. We let ourselves get excited about what we are creating. Our vision is the fuel in the engine, it is the juice that keeps us moving forward. We aim for a destination and then stay courageously present to how life shows up along the way. We have to paint a roadmap to let Source energy know what direction in which we want to move.

I am using the word “Source” or “Source energy” here to mean: Our divine partner in manifesting our most full and vibrant lives.

You may of course substitute whatever word, idea or image most resonates with you, whether that be God, Spirit, Universe, Life, etc...

Just as a well seasoned traveler doesn't plan every moment of their travel. They set sail for their next port of call and then stay open to what presents itself along the way, always keeping an eye on the far horizon but their attention in the present moment.

They don't sit idle at the dock waiting for life to drag them out to sea. They make plans, they chart a course, they make commitments and they align their determination with a goal. It is a lifelong dance and you are in beautiful partnership with life.

So, how do you want to start the conversation? How do you want to show up in this relationship? Where do you want to set your sights and how do you want to travel the road ahead?

You do your part with full heart and commitment and let life do its part with its full creative force and limitless potential and you will find yourself on a beautiful journey that will take you places you can only just begin to imagine.

So, let's start imagining!

Fill out the forms below after you have brought yourself to a place of calm mind and quiet stillness.

Find a quiet place to sit, take some long, slow, deep breaths and allow yourself to begin imagining into your future. Create some sacred space so that you can listen deeply to what your own soul wants to share with you.

This may be a tool that you want to use with a mate or a partner as you imagine into your future together.

The answers to these questions will serve you best when they come from a collaboration of your mind *and* your heart. Allow yourself to not just think about your answers, but to feel into the answers. You will want to explore and be curious about what you think, what you feel and what your intuition tells you as you fill in the forms.

Remember, exploration is not commitment. You can allow yourself to explore possibilities without having to “get the answers right.” Just allow yourself to be curious and to see what answers show up for you. You can always modify, add or subtract answers anytime that you want. This is a tool for exploration, not a declaration of commitment. Commitment will come later. Right now let's explore possibilities.

This does not have to be filled out all in one sitting. You can fill in answers as they come. You may find that an answer to one of these questions comes when you are doing something completely different like washing the dishes, working with a client, out for a run or talking with a friend or family member.

You can print more than one of these sheets and let the answers flow in abundance and then come back and hone your answers later until you have a clear and strong resonance with what you have written.

The form fields: Sit with each question and let the answers come. It can help to close your eyes while the answers formulate. Also, journaling around each question is quite useful and powerful.

What do you want to DO - For Yourself:

These are actions that you want to take in service to your own betterment and fulfillment.

Examples may be - get healthy, buy a house, find new friends, work out, eat well, find time for relaxation and play, work with a coach, start a business, etc...

What do you want to DO - For Others

These are actions that are specifically in service to others. Of course they serve you as well, but the focus is on others.

Examples may be - spend more time with my kids, listen more attentively to my partner, create balance in my life, put my kid through college, support my parents, support the hungry, clean up the environment, educate leaders, help others heal, etc...

For these next questions, we separate the answers with a focus on the intrinsic and extrinsic.

Intrinsic: Inward focused. That which occurs within us. Often more emotion based.

Extrinsic: Outwardly focused. Roles we play. How we appear to others from what they can witness from the outside. Things that happen outside of us. The world of the material.

If you're not sure in which section to put your answer - Don't worry about it. It's all good.

What and who do you want to BE?

Intrinsic examples may be - happy, peaceful, confident, strong, authentic, courageous, loving, etc...

Extrinsic examples may be - a leader, a leader in my field of expertise, a motivational speaker, a teacher, wealthy, a great father, etc...

What do you want to HAVE? (There may be some overlap with BE. That's ok!)

Intrinsic examples may be - confidence, clear vision, focus, dedication, commitment, peace of mind, etc...

Extrinsic examples may be - healthy relationships, stable income, abundance, a strong family, loyal friends, a house at the beach and a house in the mountains, etc...

What & how do you want to FEEL? **This is the most important one!!**

When we are manifesting our lives we tend to focus on the "things" and the physical attributes of what we want. But that is a narrow perspective from which to work. Source has a far greater imagination than we typically do. The idea here is to be very clear about how you want to "FEEL" and then let Life, God, Spirit or Source take care of creating the conditions to support how you want to feel.

Yes, you also help guide the details. You are in partnership with Source. But don't be limited by them or get too rigid around them. Source is nothing but energy. You want to be clear about the energetic signature of how you want the life you are creating to *feel* and then let Source match that resonant feeling with resonant conditions.

In fact, if you were to *only* focus on how you want to feel and then completely surrender and let Life take care of how to manifest that feeling, you would be ok. But when you actively participate in clarifying the details *in addition* to being very clear about the resonant feeling you want, then the magic really happens.

And here's the really fun part: As soon as you identify how you want to feel and you allow yourself to identify that feeling in your body - you will immediately begin to feel that way! It may be small at first. It may be explosive right from the beginning. But once you begin to identify and manifest that feeling state within you, you will find that Source begins to match that resonant feeling all around you.

The world around us is nothing more and nothing less than a reflection of that which we allow ourselves to feel and BE within.

Examples of how you may want to feel in response to this life you are creating may be - alive, vibrant, expansive, confident, in the flow, strong, connected, wildly expressive, free, abundant, present, empowered, etc...

Focus on the feeling, not as a cognitive exercise, but as a felt state of being. Let this be a daily practice. Start your day with your awareness on how you want to feel and then watch how life creates the conditions to match that feeling state.

What are the GIFTS that you bring?

Intrinsic examples may be - care, kindness, compassion, energy, joyfulness, calm, passion, ability to see big picture, enthusiasm, team player, work ethic, integrity, etc...

Extrinsic examples may be - specialized studies and skills, access to resources, community leader, advanced degrees, years of practice and life experience, etc...

If you struggle with this one at all, ask your friends! Ask those who know you to list 3-5 positive things about you that you may not be able to fully appreciate and see. It's always easier for others to see us than it is to see ourselves.

To make this easier, tell them that you will do the same for them! Make it fun.

Do this more than once!

This entire process is a powerful exercise to do every few months. As you learn and grow and as life presents opportunities that you had not yet imagined, you will find that you want to tweak the map, hone your plan and re-engage your desired feeling state.

You don't have to do this alone. I'm here for you!

If you would like to work with me and receive personalized and targeted support and guidance while you make the absolute most out of your life, I'm here to support you.

We aren't meant to figure this all out on our own. Everyone who is at the top of their game calls in the support of coaches, guides teachers and mentors.

Our work together will build the solid foundations that balance, strengthen and integrate mind, body and spirit for full and empowered living. From these solid foundations any challenge can be faced and any success can be realized.

Whether this is a time for you of new beginnings or you're taking yourself and your business to the next level of excellence or you're on a path of optimizing all areas of your life - [contact me](#) and we'll get you where you want to go together.

DO - For Yourself	BE - Intrinsic	HAVE - Intrinsic

DO - For Others	BE - Extrinsic	HAVE - Extrinsic

Daily focus and actions - minimum of one week.

- After completing, go back and highlight or mark at least 3 items per section that have the most resonance for you. These are the items that most compel and excite you into action.
- Circle the items that most scare or intimidate you? Be honest. These are the items that, if taken action on, will stretch you the most, break down old limiting patterns and move you closer to your vision.
- For each section - what action can you take **today** that will move you closer to your vision?
- What is ONE action that you can take that will have the biggest impact across the board on everything that you have circled or highlighted? Take that action!
- What can you do MORE of and LESS of that will support what you're manifesting?
- Go for it! Your success and the manifestation of your vision will reflect your commitment, dedication, discipline and willingness to take risks.
- Oh, and HAVE FUN! A playful and curious attitude is absolutely essential.
- Stay in the process with an open heart and open mind. Be compassionate when you loose steam and celebrate yourself when you take bold and decisive action. Its all about loving yourself and the ride, fully.

How Do I Want to Feel? (Most Important!)

For a minimum of one week...

- First, circle those feelings that, when you feel them, make you feel most alive, present, capable and engaged.
- Every morning take the time to sit still and focus on those feelings. Feel them in your body.
- Become intimate with these feelings so that you can recall them into presence anytime you want.
- Write at least one empowering feeling on a large sticky note (or many) and place them in prominent places where you will see them throughout the day and throughout the week. You can change these sticky notes on a weekly basis after you have integrated any one particular feeling state.
- When you see the sticky note throughout the day: **stop**, take a moment to breathe and bring your attention to generating that feeling within you.
- You are training yourself to feel exactly what you want the world to mirror back to you. Soon, you won't have to stop and think. This will simply be your default feeling state.

My Gifts - Intrinsic

My Gifts - Extrinsic

My Gifts - Intrinsic	My Gifts - Extrinsic