

Smart, busy women
improving their
wellbeing
one bite at a time!

iamawellbeingwarrior.com

~ One Vision ~ Worksheet One ~ February 2022

WRITTEN VISION CREATION

STEP ONE: I want you to write me a letter...

Imagine it's now today's date, but 3 years/ 5 years / 10 years from now: write me a letter, tell me all about your life! I want to know *everything*!

Tell me what has happened, both in your work and personal life, for you to feel happy and fulfilled? Who are you as a person?

Cover these 8 key areas:

1. Living Environment
2. Physical Health
3. Money
4. Career
5. Personal Growth and Mental Health
6. Hobbies, playtime and fun
7. Partner/ primary relationship
8. Family and friendships

Make sure you use all the 5 senses and be as descriptive as possible (tell me about the smell of the new leather in the new BMW, the feel of the texture of the sheets, the sound of the sea, etc.)

You can have anything you want in this exercise so **dream big, leave your Lizard at home** and let rip!

You can type it or write it old school fashion with pen and paper. When you have finished (enjoy doing it, but get it done!) I want you to create a DAILY RITUAL.

STEP TWO: DAILY RITUAL

You need to READ THIS LETTER TO YOURSELF ONCE (or more if you want) EVERY DAY. Maybe when you wake up? Before you meditate? With your morning coffee? On the bus commuting to work? In your lunchbreak? Once the kids are in bed? Before you turn out the light?

Start like this:

Put the EXACT date of TODAY, 3 or 5 or 10 years from now (your choice) like so...

"Dear Louise, it's now the XXth of XX, 20XX, and I wanted to write to you to tell you....

Cover all 8 areas and tell me how each area makes you feel. What's so great about it? What's MAGICALLY just worked out for you?

Okay – off you go!

Most people cover at least 2-3 sheets of A4 paper.

Relax and don't try too hard, get the first few sentences out, and then you will find the letter will almost write itself... it's an enjoyable process ☺

Creating the life we dream of starts with knowing what it IS: dream big! No limits! Don't worry about the HOW's. Just let what you really want make itself known.

A handwritten signature in black ink that reads "Louise" above a stylized "R". The "L" in "Louise" has a long, sweeping flourish extending downwards and to the right, which then loops back under the "R". The "R" is also written in a flowing, cursive style.