

Hold The Vision Workbook

Let it be held with ease

CONNECT TO THE VISION

What feels true for me right now?

Begin with what feels honest in the body, not what sounds impressive on paper.

CONNECT TO THE VISION

What am I being called toward?

Let yourself name the direction, even if you cannot see the whole path yet.

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CONNECT TO THE VISION

If I knew I could not fail, what would I allow myself to dream?

Let the answer be wider than what feels practical for a moment.

BECOME THE PERSON

If this vision were already unfolding, how would I think?

Notice the inner voice, beliefs, and meanings that belong to this version of you.

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BECOME THE PERSON

If this vision were already unfolding, how would I speak?

What words would you choose for yourself, your life, and what is possible?

BECOME THE PERSON

If this vision were already unfolding, how would I show up?

Let your future guide your posture, choices, energy, and presence today.

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TAKE THE NEXT ALIGNED STEP

What is one aligned action I can take this week?

Choose one honest step. It does not have to be dramatic to be powerful.

RELEASE THE GRIP

What am I trying to force?

Control often disguises itself as commitment. Notice where pressure is replacing trust.

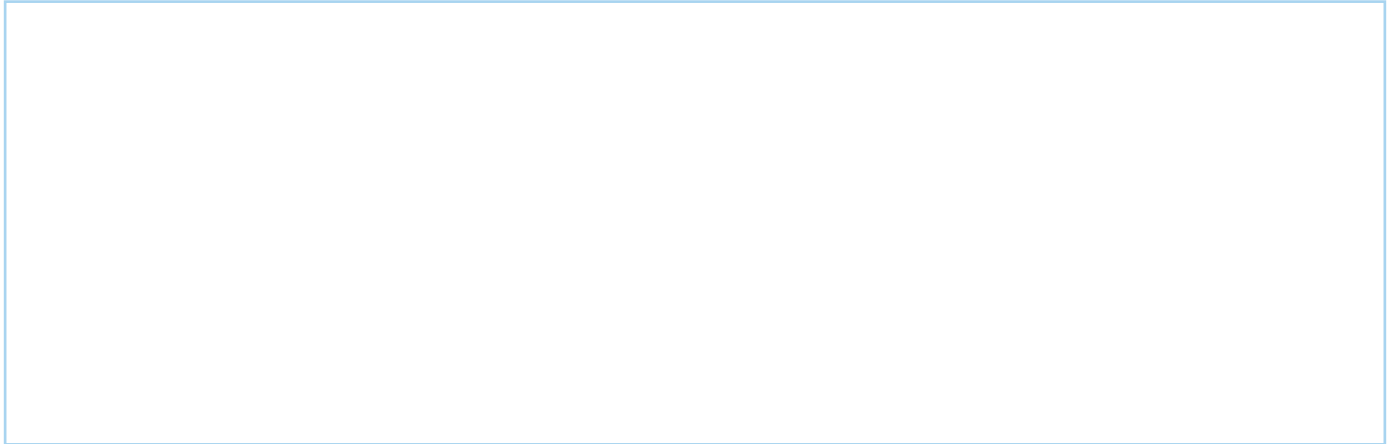
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RELEASE THE GRIP

What would it look like to hold this vision with more ease?

You can care deeply and still hold it lightly.



TRUST YOUR WINGS

What would trusting my wings look like here?

Let this be your closing reflection. What if the next step is already enough?

