Your Best Year Yet Vision Planning Worksheet

The most energetically draining circumstance is living in a way that is:

1. Out of alignment with who you are really are
2. Holding back your gifts and talents and full expression from the world. Not showing up fully.

It is easy to fall into daily unconscious, uninspired action (sleep walking, going through the motions) because of the perceived expectations of others, self doubt or all the common excuses-“I don’t have enough time” “I don’t have enough money” “I don’t know how or I’m not good enough to do that”

Be willing to consider that these “excuses” are merely an indicator of inner resistance and your typical pattern or M.O. This exercise is designed to push you THROUGH those patterns.

This exercise is designed to help you bring yourself BACK to WHO you are created to be so that you can LIVE in the world as your true self. You can begin Feeling Good On Purpose by living in alignment with your true self. Don’t underestimate the power of living in alignment. Doing so can boost your energy, bring you joy, raise your vibration of abundance, help your body release protective weight and holds the potential to HEAL all addictions and dis-ease.

Prerequisite: Before you begin this exercise, take at least 1 hour of complete silence and solitude. Sit in a comfortable, inspiring place and bring a journal. Begin to day dream. That’s right. ALLOW your mind to wander. At first, it can be uncomfortable to BE with your own thoughts for this long. That’s ok. Expect that. Wander past all the preconceived ideas and beliefs you have about who you are how your life should be. Stretch the margins of what you define as success. It can be helpful to write the very beliefs you’ve been operating by first and then deconstruct those beliefs or even give consideration to the exact opposite possibility. Do this for a LONG ENOUGH period of time for the mind to reach a place beyond what it’s usually thinking.

UC Santa Barbara, The University of Wisconsin and the Max Planck Institute for Human Cognitive and Brain Science (and probably many other institutes) have all conducted research that suggests allowing your mind to regularly wander can improve your brain’s ability to retail and recall information in the face of distraction. This exercise will give you clarity and improve brain function.

In other words, if you let your mind wander sometimes, intentionally you’ll be more creative with your regular tasks and be able to form more creative solutions to problems-INCLUDING redefining how to live and finding a way to LIVE in alignment with your greatest joy and peace. Let your brain “chew” on these things on a subconscious level and see what happens!

There’s nothing to it. Open a blank page, grab a pen and release any expectation of what will come out of you. Then just write.
It is highly encouraged that you make this free flowing daydream exercise a part of your Sunrise rituals for 7 days as you play with the rest of this visioning exercise.

Creating Your BEST Year Yet:

This exercise is originally intended to help you set a FRESH kind of expectation for an upcoming year. This replaces the average resolution goal setting that is typically based on “doing.” This is a roadmap for BEING in the world in a way that brings you joy. You are encouraged to use this exercise quarterly or even at the beginning of any challenge or during times of change and transition. It can’t be used too often.

1. **What are the 3 times you’ve been MOST HAPPY in the last year?**
   When did you feel your MOST FREE and MOST POWERFUL? What do you give yourself CREDIT for?

2. **What 3 things do you spend the MOST time worrying about?**
3. **How do you want to BE in the world?**
   How can you stand in the momentum of who you REALLY are?

4. **How do you want to SHOW UP for yourself and others?**

5. **What do you want your LEGACY to be when you transition from this world?**
6. **What are the Top 5 Values that are MOST important to you? (In yourself and others)**

7. **Think of a day this week...**
   - How much time did you spend doing the things that make you most HAPPY?
   - How much time did you spend doing things that are in alignment with your Top 5 Values?
   - How much money did you spend doing the things that make you most HAPPY?
   - How much money did you spend on the things that are in alignment with your Top 5 Values?
   - How many people you were surrounded by helped you HAPPY?
   - How many people you were surrounded by align with your Top 5 Values?
   - How often did you think about the things that make you most HAPPY?
   - How often did you think about your Top 5 Values?
   - How much time did you spend COMPLAINING about things you worry about? (What you complain about is what you are committed to)
8. **What INSPIRED ACTION can you take TODAY to” close the gap” between how you spent your time, money, thoughts and interactions and doing so in a way that makes you HAPPY and aligns with your Top 5 Values?** How can you guarantee you do what you say you will do?

9. **What BIG SHIFT can you make in your life TODAY to close the gap between how you spent your time, money, thoughts and interactions and doing so in a way that makes you HAPPY and aligns with your Top 5 Values?**

10. **Draw a pie that represents how you spend your money right now. What are the Top 5 areas of financial investment for you? Do those align with Top 5 values?**

    A few nontraditional investments to consider include: Growing and Stretching Yourself, Preventative Wellness, Physical Stamina, Contribution to the World, Service to Others, Growing Peace With Yourself and Connecting with the Divine. There are infinite possibilities.
11. Summarize ALL of your thoughts into a Personal Mission Statement that you can easily post on your computer, mirror or vision board and look at daily. A personal mission statement is an individual statement that outlines what you want to be (character), what you want to do (contributions and achievement), and the values or principles upon which being and doing are based.

Here are some examples:

**Oprah Winfrey** “To be a teacher. And to be known for inspiring my students to be more than they thought they could be.”

**Richard Branson** “To have fun in (my) journey through life and learn from (my) mistakes.”

**Makeda Pennycooke** “Through faith, vulnerability and an anchoring presence, I hold space for others to courageously risk revealing their messy, broken pieces; discover the redemptive power of grace, and stand in their most authentic truth so they may unravel into their best selves.”

**Joel Manby** “To love God and love others.”

**Amy Ziari** “To live life with integrity and empathy, and be a positive force in the lives of others.”

**Katie Arnold** “To constantly be striving to be the best version of myself—in my job, with my health and fitness, with my relationships with family and friends, and with my emotional well-being.

My Personal Mission Statement

Post your statement in a visible place alongside a picture of you at your best or a vision you hold for yourself.

Look at it daily to guide your direction and daily action and stay centered on who you really are. This is your opportunity to HOLD YOURSELF TO THE FIRE of your VALUES and what makes you HAPPY. This is the opportunity to RELEASE the habit of self pity and thinking things are too hard. (said with love—we all do it)

This is the TIME to be MORE committed to your Vision than to your Fear.

THIS is the time to re-evaluate how you want to BE in the world and begin spending your Energy, Money, Time and Thoughts on exactly THAT kind of Inspired Life!