

METAMORPHOSIS



VISION JOURNALING PROMPTS FOR CREATIVE MANIFESTATION

I ENCOURAGE YOU TO USE THESE PROMPTS TO GUIDE YOUR THINKING AROUND ANY GIVEN CREATIVE PROJECT (OR ANYTHING ELSE) YOU WISH TO RECEIVE IN YOUR LIFE.

NOTICE THAT THEY ARE PART RECEIVING AND PART DIRECTED ACTION: THE PURPOSE OF THESE PROMPTS IS TO GIVE YOU SPACE TO REFLECT ON WHAT YOUR CORE DESIRES ARE AND THEN FIND WAYS TO MANIFEST THEM FULLY.

HOW TO VISION JOURNAL:

VISION JOURNALING IS A BIT DIFFERENT FROM DAY TO DAY JOURNALING BECAUSE, INSTEAD OF WRITING PAST TENSE ABOUT THINGS THAT HAVE HAPPENED, OR FUTURE TENSE ABOUT THINGS THAT WILL, YOU ARE WRITING ABOUT THE FUTURE YOU WANT TO SEE IN THE PRESENT TENSE, AS THOUGH IT'S ALREADY HAPPENING.

WRITE THE MOST AMAZING, RICH, ABUNDANT OUTCOME YOU CAN IMAGINE, AS THOUGH IT'S HAPPENING RIGHT NOW: INSTEAD OF "SOME DAY MY BOOK WILL SELL FOR 6 FIGURES AND PEOPLE WILL LOVE IT," YOU'D SAY SOMETHING LIKE "I GOT A 6 FIGURE CONTRACT WITH MY DREAM PUBLISHER, AND THIS WRITER WHO I LOVE AND RESPECT REACHED OUT TO ME TO TELL ME HOW IMPRESSED THEY ARE WITH MY WORK" (TO GIVE YOU AN EXAMPLE).

IT CAN BE HELPFUL TO DO THESE MORE THAN ONCE TO CAPTURE DIFFERENT ASPECTS OF ONE PART OF YOUR WORK OR TO BRING MULTIPLE PROJECTS TO LIFE.

VISION JOURNALING PROMPTS

REFLECTION (BREATHING OUT AND PAUSING)

WHAT DO I MOST WISH TO MANIFEST RIGHT NOW?

HOW WILL THIS MAKE MY LIFE RICHER, HAPPIER, AND MORE ABUNDANT?

HOW DO I FEEL IN MY BODY HAVING MANIFESTED THIS DREAM?

HOW DO I FEEL EMOTIONALLY HAVING MANIFESTED THIS DREAM?

WHAT IS THE MOST ABUNDANT, INCREDIBLE OUTCOME I CAN IMAGINE FOR THIS DREAM (REMEMBER, THE SKY IS THE LIMIT: I ENCOURAGE YOU TO THINK OF THE BIGGEST, BEST OUTCOME YOU CAN AND THEN STRETCH IT OUT A BIT MORE TO BECOME EVEN BIGGER AND BETTER: SO, FOR EXAMPLE, SIGNING A BOOK DEAL FOR 6 FIGURES BECOMES SIGNING A BOOK DEAL FOR 6 FIGURES WITH A DREAM PUBLISHER AND GETTING AN AUDIOBOOK VERSION NARRATED BY YOUR FAVORITE ACTOR).

HOW DO I BEHAVE AS THE PERSON WHO HAS RECEIVED THIS ABUNDANT OUTCOME: HOW DO I MOVE THROUGH THE WORLD, WHAT DOES MY DAILY LIFE LOOK LIKE, WHAT AM I PRIORITIZING, HOW AM I POSITIONING MYSELF?

WHO AM I BRINGING INTO MY WORLD AS PART OF THIS DREAM? WHO FROM MY LIFE TODAY IS A PART OF THIS DREAM, EITHER AS A SUPPORT OR INITIATOR? WHAT ROOMS DO I HOPE TO BE IN THAT I'M NOT IN TODAY?

WHAT OTHER DREAMS IS THIS DREAM BRINGING TO LIFE? WHAT DOORS IS IT OPENING TO FUTURE OPPORTUNITIES?

I KNOW MY CREATIVE WORK IS MAGIC BECAUSE...

I KNOW I AM MAGIC BECAUSE...

IS THERE ANYTHING ELSE THAT WANTS TO COME THROUGH?



ACTION (BREATHING IN)

WHAT ACTIONS AM I TAKING AS THE PERSON LIVING THIS DREAM LIFE? WHAT DOES MY DAY TO DAY LOOK LIKE?

WHAT ARE MY PRIORITIES AS THE PERSON LIVING THIS DREAM LIFE? WHERE DO I FOCUS MY ATTENTION?

WHAT DOES MY SELF-TALK LOOK LIKE AS THE PERSON LIVING THIS DREAM LIFE? HOW DOES MY KINDNESS TOWARDS MYSELF REFLECT IN MY OUTER BEHAVIOR IN THE WORLD?

WHAT DOES MY LIFESTYLE LOOK LIKE AS THE PERSON LIVING THIS DREAM LIFE? HOW DOES MY DREAM SUPPORT ME IN LIVING OUT OTHER DREAMS? HOW DOES LIVING MY DREAM ALSO HELP OTHERS LIVE THEIRS?

WHAT STEPS GOT ME TO THIS PLACE OF LIVING THIS DREAM LIFE? WHAT INSPIRED ACTION MADE A BIG DIFFERENCE IN THIS DREAM COMING TRUE?

IS THERE ANYTHING ELSE THAT WANTS TO COME THROUGH?

