



## Step Two: Marking the Destination

Now, look at what you wrote. What do you notice?

Does anything stand out to you? Are there any common threads or themes?

What *really* tugs at your heartstrings and speaks to your soul?

If there were no limitations or barriers, what would you lean into and not think twice?

Can you choose one? Which one truly is your *deepest desire*?

Write it below.

*My deepest desire is...*

## Step Three: Looking Ahead

Now, it's time to step into your *deepest desire*.

Time to step into the dream. Time to bring it to the present moment.

Carve out a quiet moment when you can be alone and uninterrupted. Close your eyes.

Visualize your future-self living your dream. Picture yourself living that reality.

Your dream *has* come true. *Feel* it. *Embody* it.

What does your life *look like*?

How are you *showing up*?

*Where* are you?

What are you *doing*?

Who are you *surrounded by*?

How do you *feel*?

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## Step Four: Laying the Steppingstones

Now it's time to take some clues from your vision.

Clues to how you can bring your dream to life.

In your vision of your future-self, what is your way of *being*? What are you *doing*?

What do you *have* that you've always wanted?

For each category below, write down whatever comes up for you. Write down what intuitively feels right to you. Don't hold back. *Lean hard* in the direction of your dream.

Write your answers in the *present tense*. Write them as if you are experiencing that reality *here and now*. Write them as if you have already achieved your dream.

### Being

How are you showing up?

What type of person are you?

How are you acting?

How are you leading?

### Doing

What are you doing?

What does your typical day look like?

What impact are you having?

What contribution are you making?

### Having

What does your lifestyle look like?

Where in the world are you living?

What do you have that you've always wanted?

Who are you surrounded by?

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**Being**

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**Doing**

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**Having**

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## Stating Goals

The answers to each of these questions represents a *goal*.

A steppingstone of achievement on the journey to your dream. To your deepest desire.

Which of these goals *really* speak to you?

Which ones really capture your passion, excitement, and creativity?

Circle your *top three*, and write them below.

**Goal One**

**Goal Two**

**Goal Three**

Write them on post-it notes and place them around your home and office.

State them as affirmations in your daily practice. State them in the present tense.

Create a vision board using them as inspiration.

Typeset them and use them as backgrounds on your devices.

Every day ask yourself, *what is one step I can take towards these goals?*

What is *one action* I can take that will get me closer to *my dream*?

Closer to manifesting my *deepest desire*?

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