

I AM CHOOSING

Decide, Prioritize, Choose, Commit, Embody, Believe, Unleash, Become

What do you want **MORE** of?

What do you want **LESS** of?

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What are you **MOST** looking forward to?

What is the **FEELING** you want to **FEEL** most often?

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When you RECEIVE what you desire, what will THAT feeling be?

What's one GIANT STRETCH you would like to celebrate in 6 months?

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What are three main **OUTCOMES** you're envisioning from embarking on this journey?

1.

2.

3.

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VISIONING

10 ∞ 3 ∞ 1

This next exercise calls on you to tap into your ten year vision, your three year vision and then your one year vision – the plan that sets the ground for your future to unfold with grace, beauty, ease, joy and all other aspects of your most important values.

Tune in to your life in ten years, what does your life look like? Who are you? What are you doing? What does it feel like? Who are you surrounded by? How is your family life appearing in your joyous most aligned future? How is your purpose being actualized in the world? What does your work in the world look like? Take some time and write as much **detail** as you'd like – be sure to write from future....as if you are telling the story to the past about what it all looks like there, "**I am...**"

Repeat the same for your three-year vision working backwards. Then reverse engineer your one year vision / plan writing as if you have already become and achieved it – seeding your visions of the future.

10 Year vision

3 Year vision

1 Year vision / plan

BEFORE you dive in, close your eyes for a few minutes and visualize your life in ten years... all aspects, tap in... then begin writing and allow your stream of consciousness to show you the way...

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Dancing with Fear

As we lean in to our vision for our future with joy and certainty, we take a powerful step to the side and recognize and acknowledge the presence of our fear and learn to love and dance with it. Knowing what fear lays in wait empowers us to HOLD it, SEE it, KNOW it and DANCE with it, instead of it HOLDING, SEEING, KNOWING and DANCING with us.

Here is a powerful exercise to follow your sacred visioning process called FEAR SETTING.

I'm borrowing this from a 2017 TED Talk by author and entrepreneur, Tim Ferriss because it's super powerful!

You've done your visioning exercise and now it's time to presence what obstacles in the mind – conscious or subconscious- may come up as you step into your greatest next evolution of becoming....

Fear Setting

1. **DEFINE:** We begin by defining the fear. What are you scared to do? Define all the worst things that can happen **if you do it**. When you think of that big goal, that chief aim, the deep desire, ask yourself these questions and write your answers. List 10-20 of the worst things that could possibly happen.

- What if I do it?
- What if I don't do it?
- What's the worst possible way I could mess this up?
- What could happen?
- What do I fear?
- What am I putting off?
- What am I resisting out of fear?
- What do I believe about it?

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2. **PREVENT:** Next focus on and list 10-20 ways you can prevent those things from happening.

- What can I do to prevent or decrease the likelihood of each of those things above from happening?

3. **REPAIR:** Now think about, "What if the worst of the worst happens?" What can I do to repair the problem?

- For each of the 10-20 worst outcomes possible (from step 1), list 10-20 corresponding ways you could repair, solve, fix or delete the worst-case scenario.

4. **INQUIRE:**

- Has anyone less intelligent done this successfully and won?
- Where am I sourcing my courage from? Where am I sourcing my fear from?
- What may be the benefits of an attempt or a partial success?
- What is the cost of inaction (Emotionally, Physically, Financially, Spiritually)?

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- “If I avoid this action or decision what might my life look like in 6 months, 1 year, 3 years, or 10 years?” Be detailed and specific and touch on the emotional, physical, financial, and spiritual aspects and how they affect each of the timelines below. ...
 - 6 Months of inaction, holding back, or contracting
 - 1 Year of inaction, holding back, or contracting
 - 3 Years of inaction, holding back, or contracting
 - 10 years of inaction, holding back, or contracting

5. IMPRINT:

Close out this exercise by creating the imprint of what you are choosing instead, what feels most exciting and expansive – the ‘instead’ to all of the answers in your fear setting inquiry of the cost of inaction. Seal your sacred intentions with seeds of desire and choose the timeline you are stepping onto instead –

- Remember there are many timelines and many dimensions of each timeline all unfolding simultaneously – our fear timeline, our most expansive self-actualized timeline, our magic timeline,
- Our work is to align to the timeline we desire and no matter what, leap forward one courageous honoring leap at a time....

I look forward to witnessing what emerges for you...

xo
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