

Week 1

Wild
Hearted
Words

A top-down view of a woman sitting on a pink and white patterned picnic blanket. She is wearing a light-colored, short-sleeved top and a wide-brimmed straw hat with a black band. She is holding a white coffee cup in her left hand and writing in a spiral-bound notebook with a silver cover and a scalloped edge with her right hand. A silver laptop is open on the blanket next to her. To the right of the laptop is a white mug. In the background, there is a white bag with a floral pattern and a green and white patterned bag. The overall scene is bright and sunny, suggesting an outdoor setting like a park or a beach.

*A Vision Statement
You Love*

Week 1

YOUR LIVING DOCUMENT

Every day, you change.
Every day, you evolve & grow.
So...

Why should your Vision Statement stay the same?

Choose a space where Vision Statement can come alive.
A prominent place to display it so that you see it all the time:

A Word document on your laptop.
A Google Drive document that's bookmarked.
Your office wall.
Your bathroom mirror.
As calendar reminders on your laptop.
As notes on your phone.
As an audio recording that lives on your mobile.

Once you've written your vision statement, come back to it every day and make edits if you feel inspired, then save it as a new version. The next day, start referring to the "updated" vision.

Get creative and **HAVE FUN** with this!

Next up, you'll find several questions to consider as you're drafting up your ideal vision for the life and business you are beautifully creating.

Week 1

YOUR PURPOSE

Consider this your North Star, your Guiding Light, that Quiet Voice within that is always murmuring nurturing whispers of what you're meant to do and how you're meant to be.

Spent a few minutes in quiet meditation.

Breathe.

Reflect.

Your purpose can be as simple as bringing joy, as profound as being of service, or as lovely as creating more goodness in the world.

Let your heart guide you.

What is She saying?

Week 1

I AM...

Write your Vision Statement in the affirmative and present tense (or even past tense, as though it's already happened).

For example:

I am healthy and strong.

or

I love consistently earning five figure months.

or

I am so happy and grateful I've created a coaching practice I love!

What are your "I AM" statements?

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LOOK AHEAD

In 10 years, what life would you like to be living?
Let that inform your exploration now...

Describe the life you'd LOVE to live in the next one, five, and 10 years
in these key areas of life - be as specific as possible!

Health

Think: mental, physical, emotional, etc.

Relationships

Consider your partner, friends, family, and even your spiritual life.

Career/Creative Expression

What would you like your business to look like?

Time Freedom/Money Freedom

What would true independence look like to you?

Week 1

WILD HEART...

**At the end of your Vision Statement,
add the understanding:
"This or something even better still."**

Please know that doubt and fear will come up throughout your entrepreneurial journey. They're signs that you're at the edge of your comfort zone. Allow them to show up, rather than stifling them or looking away. Give them space to be and breathe, then empower yourself with the understanding that you always have a choice in every moment.

Choose LOVE.

I've found it exceptionally helpful to create an email address for my Higher Power. Anytime I'm in a mode where I'm stuck or losing myself in shadow sentiments, I email my Higher Power and trust that the Universe hears me. (I've also lost the password for it, because I know it's not for me to manage the results.

Believe in magic. And, surrender.

All is well.