

Your Vision Quest

This Vision Quest is designed to guide you to uncover your Iconic Essence and receive insight for your dream life and career.

This worksheet will guide you through the 7 steps of your Vision Quest.

To get the most out of this experience carve out the time and space so you can give your Vision Quest your full attention. Your Vision Quest may be the most important thing you do for your inspired life and career.

Step #1

Clarify your Vision Quest Intention

An Intention is a statement of purpose. When you create your Vision Quest Intention you are stating what you want your Vision Quest to be about.

The Global Vision Quest has an overall Intention which is for each person who participates to get a vision of their Iconic Essence.

In order to activate your Vision Quest you need to create an Intention that has specific meaning for you. I've included some questions to help clarify your Vision Quest Intention.

1. How would you describe your current life experience?

2. What do you want to experience in your life?

3. What insights, healing or transformation are you seeking in your life now?

For example: I want to clarify my business. I want to heal the disconnect I feel in my body. I want to make more money. I want to understand my business purpose. etc....

State Your Vision Quest Intention

Your Vision Quest Intention will take the form of a question.

Imagine you could ask any question knowing you would receive a beautiful insight from the wisest part of yourself what ONE question would you like to ask?

Here are some examples:

- What is my clear business purpose?
- How can I increase my income?
- What does my body need to heal completely?
- What is my marketing message?
- What can I do to expand my audience?
- How can I be free in my life and business?

What is your Vision Quest Intention?

Step #2

Imagine Your Dream Life

The more you engage in your imagination the deeper your vision becomes. Feel free to flip through magazines in order to spark ideas, or simply close your eyes and imagine.....

1. If you could do anything you wanted with no restrictions of time, money or geography, what would you love to do? Describe it in as much detail as possible.

2. Describe your dream home. Where would you love to live?

3. Describe your dream career. What would you love to do?

4. What kind of people would you love to connect with and spend your time with? Describe them in as much detail as possible.

5. How would you love to feel in your body? Describe in as much detail as possible.

6. Describe your Dream Self. What kind of person are you as you are living your dream life and career?

7. What is ONE word that describes your Dream Self?

For example: Beautiful, creative, happy, peaceful, adventurous, etc...

Step #3

Identify Obstacles

Obstacles are things that come on our path that we have to move through in order to live our dream life.

Identify the obstacles to living your dream life.

1. Is there anything that would stop you from living your dream life now?

2. What do you think or feel are your biggest barriers or challenges to making your dream life your reality?

Step #4

Transform Obstacles into Opportunities

In order to transform your obstacles into opportunities you need to view the obstacles from the perspective of your Dream Self.

Here are some questions to help you engage in a conversation with your Dream Self so you can receive some wise advice on the path to living your dreams.

1. Imagine you have the opportunity to talk with your Dream Self and receive guidance and advice on your path to living your dreams. Start by telling your Dream Self what is happening in your life now. Describe the amazing things that are happening as well as the challenges and obstacles you have identified. Write this as if you are telling your Dream Self....

2. Tell your Dream Self your biggest challenge....

3. Ask your Dream Self to tell you what s/he thinks and feels about your challenge. Listen to what s/he says and write it here....

4. What is ONE word of advice your Dream Self has for you to transform your obstacles into opportunities?

For example: Patience, kindness, action, allow, trust, create, etc...

Step #5

Clarify your Iconic Essence

Your Iconic Essence is a blend of your Dream Self that you imagined internally along with the person you need to become in order to embody your dream life and live it externally.

1. What is the ONE word you used to describe your Dream Self?

2. What is the ONE word you used to describe the advice you received from your Dream Self in order to transform your obstacles into opportunities?

3. Your Iconic is the blend of these two energies. Put these two words together for a description of your Iconic Essence.

Your Dream Self + the advice you received for transforming obstacles
= Your Iconic Essence

=

4. Describe your Iconic Essence.

Step #6

Apply your Iconic Essence to your Intention

1. What was your Intention for this Vision Quest?

2. How can you apply your Iconic Essence to your Intention?

*To embody your Iconic Essence join us on the 11 Day Iconic Embodiment Journey:
<http://www.soulartstudio.com/iconic-embodiment-journey.html>

Step #7

Connect with People

In order to bring your Vision Quest full circle you need to connect the insights you discovered internally with people externally. This helps to bring the power of your inner world into the outer world and make your dreams real.

Fill in Global Vision Quest form to share your Iconic Essence with others and be part of the Global Art piece.

<http://globalvisionquest.soulartstudio.com/your-vision-quest-form/>

Watch the Global Art unfold and see how your Iconic Essence is part of the nü Earth!