

A GUIDED JOURNEY TO
DESIGNING A LIFE YOU LOVE

Welcome

This workbook is designed to guide you through a powerful process of self-discovery and vision creation.

Take your time, be honest with yourself, and know that you are capable of creating a life that feels truly aligned with your heart's desires.

Grab a pen, find a quiet space, and let's begin!

Pro Tip: Write freely and trust your intuition. This is your personal blueprint for transformation.

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REFLECTION: WHERE ARE YOU NOW?

Think of this as your personal life check-in. Write openly about where you are in key areas of life: Love, Career, Family, Health, and Personal Growth.

What does your current reality look like? What is working? What isn't?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface. The overall appearance is that of a clean, unused piece of stationery.

Inspired Notes

[illegible]

Inspired Notes

[illegible]



To enhance our lives, we need to first assess our current position. Without a clear evaluation of our Love & Relationships, Career & Purpose, and Health & Wellness, along with an understanding of what is truly at stake, we may drift through life instead of intentionally pursuing fulfillment and maintaining balance.

[illegible]

[illegible]

[illegible]



THE POWER OF VISION: WHY CLARITY IS EVERYTHING

Before we create a new reality, we must first see it in our minds. Clarity is power. Without a clear vision, life can feel like a series of random events rather than a purposeful journey.

*In each of the areas, Love and Relationships, Career, and Health ask yourself, "What Would I Love?"
Journal down below:*



Inspired Notes

This image shows a single page of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, typical of notebook or legal pad paper. There are no margins, text, or other markings on the page.

Inspired Notes

[illegible]



YOUR FUTURE SELF: A VISUALIZATION



Find a quiet comfortable place to sit. If you can go outside, sit on the grass, put your feet in sand, or water, this helps in this experience.



Imagine you have a magic wand and it is 3 years from now. You asked yourself, what would I love, and it all worked out. You are guaranteed not to fail. Imagine it is happening right now.



Listen to this guided meditation

PLAY

[illegible]



Write down all the details in extreme clarity using all of your senses. Who were you with? What did you see? feel? hear? taste? Write in the present tense. It is happening now.

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Inspired Notes

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Inspired Notes

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IDENTIFYING LIMITING BELIEFS & REWRITING YOUR STORY

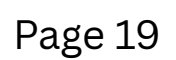
Our beliefs shape our lives. Many of us carry limiting beliefs that keep us stuck. Let's uncover yours and rewrite them.

Write down one limiting belief that has held you back. Now, rewrite it into an empowering statement

Example:

- Limiting Belief: "I'm not good enough to start my own business."*
- Empowering Belief: "I have everything within me to create a thriving business."*



[illegible]

[illegible]



DAILY ALIGNMENT RITUALS FOR SUCCESS

Before we can embody our vision, we must first anchor it in our days. Consistency is strength. Without simple rituals to align us daily, success slips through the cracks of distraction rather than building into a steady, purposeful rise.

What is one small habit you can commit to daily in the direction of your vision?

Examples:

- *Morning visualization & affirmations*
- *Gratitude journaling*
- *Movement (walk, yoga, dance)*



Inspired Notes

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NEXT STEPS

You've laid the foundation! Keep your vision alive by revisiting this workbook, setting reminders, and surrounding yourself with supportive people.

What steps do you need to take?





UP UNTIL NOW

Those are 3 words you can say to shift your life. . . up until now, I'm stuck. Up until now, I always feel lost etc.

Let's ground "UP UNTIL NOW."
Take the next step and

Chat

WITH SHARON

If you would love to dive deep into your vision, gain greater clarity, and discover a path to bring it into reality, book a complimentary Breakthrough Session with Sharon by clicking here.

Save my spot

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