Handcraft a soul-honouring life

Why

Why I make the choices I do + The light that guides me

Core values and beliefs

How I'll know I have lived well

Mission/impact/legacy/contribution

Sense of purpose (changes in different life seasons)/soul calling/core dreams

What

What I want this year + Where I'm heading 3/5/10 ys

Life visioning: truth-telling about what I want my life to look/sound/feel like + who I am becoming

Value my **True Self:** my wiring, strengths/struggles, what I need to stay whole and thrive

Mind-body-spirit intentions: how I want to feel in my body + life this year

Guiding **mantra** or growth focus for the year

Vision + values-aligned goals for the year

How

How I practice showing up fully to life + translate my vision/dreams into imperfect action

Seasonal living: the season(s) I'm in/current capacity

How I'll mine for the wisdom and beauty of the current season

Community/**circle of impact**, support system, **healthy boundaries**

Seasonal declutter/release, automate, delegate, simplify, systematize

Daily, weekly, and seasonal **check-points** + Space for **True Rest** and recalibration

Weekly rhythm + am/pm routines that help me honour my wiring/capacity and show up to my priorities

Life Visioning Flowchart © A Life in Progress™ and alifeinprogress.ca