

Vision Quest Journal

Day 13 Create Your Vision Quest Card

Most everyone's vision or heartfelt intention has benefits for ourselves and others. When we recognize what those benefits are, we then "allow" ourselves to "go for it" wholeheartedly because the purpose becomes much bigger.

So take a moment to write down 3 ways that your vision or intention will help your self and others.

Would you want to deny these things to your self, your loved ones, or whomever might benefit from your vision?

By committing to your vision, you are giving back to yourself, your loved ones and the world around you. When you allow yourself to fully feel the impact of that realization, there is nothing that's worth getting you off track again.

Look back at what you wrote on day 6, that list of encouraging words and phrases that came from your higher self. Now come up with 3 positive beliefs about yourself that will support you. You may find that they are written for you already from this list. Now see if there is one that really stands out. One that is impactful, encompassing of all that you want to be and set out to do, and let that be your one new core belief that you want to set in stone for yourself. If it hasn't come yet then take the day to ponder and allow it to come to you in it's own time.

New positive core belief:

How does this new core belief make you feel inside?

How will this new belief support you and your vision?

Will this new belief give you the kind of support that can sustain you so that you will not let anything get in the way of bringing your vision to light?

Now, what is it about this new belief that rings true for you?
Write down 3 ways you know it to be true.

Now we want to work on engraining this new belief into our brains.

So today we are going to create our own Vision Quest Card for ourselves that will remind us to keep moving toward our vision, and repeat our new strong positive belief that will support, sustain us and keep us on track. You can grab an index card to use or print off the Vision Quest card that I have for you and just fill in the blanks.

Making Your Vision Quest Card: Find a pen, some markers and an index card or something of similar size. Or you can print the one I've made for you. You are going to write in your Vision/Intention across the front top that you clarified on day 2. Then you will write this new core, positive belief across the bottom front. Use colors, make it pretty. Then on the back I want you

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to write how this vision will help your self and others. Also on the back, add all those encouraging words and phrases that you wrote down on day 6 that came to you from your higher self. You are going to spend a lot of time with this index card over the next week. Make it beautiful, add some drawings if you want. Draw special symbols on it, add stickers, glue things on it. Whatever you want to do. But make it pretty and make it special. This is your vision quest card.

If you have room, add one of these little prayers from day 3 & 4 to your vision quest card:
“God, I feel as if I am re-connecting to my soul vision. I ask that you take this vision and place your loving hands upon it. Let my vision serve my loved ones, my friends, the world and my self in the utmost way. Inspire me to bring this vision to light in the most perfect way possible. Amen.”

“Thank you God for giving me this beautiful life so that I can reach out to others with love and encouragement, tap into my creativity and bring my unique skills to each situation that I may find myself in. Thank you God for giving me this beautiful life so that I can inspire others, remind them they are not alone, and find connection even among the most difficult days through my own unique vision for my self.”

And finally at the very bottom of your card write this question:
How can you live TODAY so that there will be zero regret tomorrow?

Over the next 10 days you are going to keep your vision quest card close by. Anytime you do something you love to do, like take a bath, go for a walk, have a cup of coffee or tea, you are going to keep this vision card with you and repeat your new belief over and over. “Feel” what this belief feels like in your body and how good it feels to know that you are supporting yourself and your vision so that you can bring more good, positive vibes to your self and those around you.

Keep doing this over the next 7-10 days. After that keep this card either on your bathroom mirror, as a bookmark for a book you’re reading, or anywhere where you will see it daily. Anytime, you need that positive boost, read over it and stay on track. Keep this vision card close at hand until you feel this new belief has taken root and your vision stays at the forefront of your mind on a regular basis.