

Vision Quest Journal

Day 14 Zero Regrets

Today we are going to take all the pressure off of having to “do” anything, “complete” anything, or “prove” anything with this process. Today’s challenge is all about worthiness.

We have to recognize that we are worthy just the way we are. We were created perfectly in God’s image. When we think that our worthiness hinges on some external factor then we are not “getting it”. When we are working toward bringing our vision to light we must realize that we are already worthy no matter whether we complete the final step of bringing that intention or vision to light or not.

The important thing is is for us to realize our worthiness BEFORE that vision or intention comes to pass, and revel in that as we ENJOY the JOURNEY of bringing our vision to light.

THAT’S THE LESSON! That’s what getting back on track is all about. At the end of our life, it’s not going to matter whether we COMPLETED our vision in one sense or another. It’s about did we let our old negative beliefs and habits keep us from putting ourselves out there or did we live life tuned into our soul-self with our new positive belief structure in place? Did we give it everything we had to try to actively bring this vision to light and bring more love and gratitude to our selves, our loved ones and the world around us?

How can you live TODAY so that there will be ZERO REGRET tomorrow?

How will it feel to pause in the moment of your death and be able to say that you loved and lived wholeheartedly? That you loved, supported, and encouraged your self and the ones around you to the fullest of your ability? There are many different ways to do that, (that’s where your vision or intentions come in) but THAT is how life begins to feel meaningful. And that is ultimately what your soul-self is cheering you on to do.

Thank you for sharing this experience with me. You have no idea what it means to me to be able to share this work with you. Please pay it forward by staying tuned into your soul-self, steeping yourself in your inherent worthiness and living the life you were meant to live!