

# 2020 Vision Affirmation Exercise

Exercise: {write down}

(1) List words that describe what you want to DO this year. We're looking for ACTION words.

(2) What do you want people to say about you? What's your legacy?

(3) What do you want more of in your life?

(4) What do you uniquely offer the people in your circle of influence?

My example:

(1) SHINE, promote, reap

(2) she inspires me, she helps me live my purpose

(3) peace, collaboration

(4) creativity, opportunities to connect, strategies for living a whole-istic life

Now, like Mad Libs, you will use the above to fill in the blanks and draft your Vision Affirmation statement.

In 2020, I will (1) \_\_\_\_\_, allowing me to (2) \_\_\_\_\_. I am attracting more (3) \_\_\_\_\_ into my own life while bringing (4) \_\_\_\_\_ to the people around me.

My example: In 2020, I will SHINE, promote others and reap what I have sown, allowing me to inspire others to live their life's purpose. I am attracting more peace and collaboration into my own life while bringing creativity, opportunities to connect and strategies for living a more whole-istic life to the people around me.

You try it!

In 2020, I will (1) \_\_\_\_\_,

allowing me to (2) \_\_\_\_\_.

I am attracting more (3) \_\_\_\_\_ into my own life

while bringing (4) \_\_\_\_\_ to the people around me.

Now adjust and tweak your statement until it's something that truly inspires you!