Document Your Vision

Directions: Write down the details of the experience you evisioned. Use all five of your senses to make the experience as real as possible. What did you see? What did you hear? How did you feel? What did your environment smell like? What did your morning coffee, afternoon lunch or midday snack taste like? The more specific you are with your vision, the more accurate it will be. You create your destiny in your mind and then it unfolds into your reality. Challenge yourself to think outside your box and really think about what you want for yourself.