

## 2021 VISION WORKSHEET

**Welcome to the 2021 VISION.**

Please create a quiet and peaceful space for yourself where you will be undisturbed.

**For this workshop you will need:**

- \*A notebook and pen
- \*A blank piece of paper
- \*A candle
- \*Sage or Palo Santo
- \*A crystal

THE MAIN THING IS TO KEEP THE MAIN THING THE MAIN THING.

-Steven Covey

**Directions:**

- \*Create a quiet and peaceful space for yourself
- \*Light your Candle
- \*Smudge yourself with Sage or Palo Santo
- \*Get your notebook and pen

**Self Inquiry prompts and Ritual Directions:**

**1. ONE THING:** What is the ONE THING, the MAIN THING that you truly want to create and manifest in

2021?

**2. ONE EMOTION:** What is the ONE EMOTION, the MAIN EMOTION that you have to cultivate to create and manifest the ONE THING, the MAIN THING?

**3. CLEAR AND RELEASE:** What is the ONE THING, the MAIN THING, the BIG INTERNAL/EXTERNAL CHALLENGE that you will have to clear, release and let go of in order to create and manifest the ONE THING, the MAIN THING?

*To clear the stress/tension/heavy energy that the challenge creates:*

**\*Breath Work:** For one minute breath slowly, deeply and steadily.

Breath in for 4, hold for 4, exhale for 4

**\*EFT (Emotional Freedom Technique) Tapping**

Gently tap your fingertips on your 3rd eye/above your lip/chin/heart and any other place on your body you intuitively feel called to tap and say out loud:

The one thing I want to create in 2021 is (your ONE THING).

To create and manifest it I am cultivating the emotion of (the ONE EMOTION).

The big challenge I am releasing to create it is (the

ONE BIG CHALLENGE).

Even though I am experiencing this challenge, I love, appreciate and accept myself just the way I am.

I am raising my vibration to match the energy of my VISION.

I am clearing and releasing all stress, tension, trauma and heavy energy that is blocking me from manifesting my VISION.

I love and appreciate myself and my VISION.

I can create my VISION.

I believe in myself.

My Self Worth is a vibrational match for my VISION.

Thank you Thank you Thank you.

So be it. So it is.

*REPEAT THE 2 CLEARING PRACTICES ANYTIME YOU GET STUCK OR FEEL RESISTANCE OR CHALLENGED*

**4. CREATE YOUR VISION STATEMENT:** ON YOUR BLANK PIECE OF PAPER WRITE,

I, (your name) now choose and claim for myself that I am manifesting (your ONE THING) by January 1, 2022.

To do so I am cultivating (your ONE EMOTION).

To create space for (your ONE THING) I am clearing and releasing (your ONE THING to release).

I will show up everyday for my (your ONE THING) and will raise my vibration to match the energy of my Vision until it manifests.

I call upon my future Self who has already created my Vision to lead me, guide me, direct me and

protect me in my thoughts, feelings, words and actions and in all my relationships with people/ places/things to help me manifest my Vision.

Thank you Thank you Thank you.

So be it. So it is.

*Follow up:*

Put your Vision Statement on your altar or in a safe and sacred place.

Say your Vision Statement out loud every day for 21 days while holding your crystal.

Your crystal holds the energy of your Vision.

Then close your eyes, Vision your Vision and ask for guidance from your Future Self who has already created your Vision.

Look for signs. Pay attention to synchronicities.

After the 21 day practice, repeat the above every New and Full Moon.

## **5. VISION your VISION:**

Close your eyes and visualize.

See yourself on January 1, 2022

You have created your ONE THING.

Feel the ONE EMOTION.

Call upon your Future Self and ask for guidance.

Repeat this every day for 21 days.

Then repeat every New and Full Moon.

**6. TO DO LIST:** What is your “TO DO” list to actually create your ONE MAIN THING?

Write everything down.

**7. YEAR LONG TIMELINE:** Create a YEAR LONG TIMELINE for each month of the year and write down what items from your to do list you will do each month.

**8. WEEKLY TIMELINE:** Each month create a WEEKLY TIMELINE. Start with the month of January and write down what items from your to do list for January you will do.

**9. TIME BLOCK:** Each week create your schedule for the week. Start with next week and TIME BLOCK what days/times you will do the items for next week on your to do list.

**10. ACTION:** SHOW UP FOR YOUR VISION AND DO WHAT YOU TIME BLOCKED EACH WEEK. If life throws you a curveball and you can't complete what you time blocked when you scheduled it, simply move it to another day/time

**Thank you for joining me for 2021 VISION.**

**For more information about my offerings please visit me at: [www.annevandewater.com](http://www.annevandewater.com)**

**Or email me at: [anne@annevandewater.com](mailto:anne@annevandewater.com)**

**I am holding you in my Heart and Prayers and am**

**holding the Vision that you manifest your Vision.**

**Love and Gratitude always,**

**Anne**