

Woman's Inner Journey

Your Path To Creating A Juicy Joyful Life!



Module One Clarity

Authentic Desire

Values

Passion

Vision

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Module One

Clarity

Quotes

“Tell me... What is it you plan to do with your one wild and precious life?”

~ Mary Oliver

“Desire is the beginning of all new creation”

~ Abraham-Hicks

“Follow your bliss”

~ Joseph Campbell

“This above all: To thine own self be true”

~ William Shakespeare

“Cherish your visions and your dreams... as they are the children of your soul”

~ Napoleon Hill

“Your vision will become clear only when you look into your heart”

~ Carl Jung

“Authenticity = Joy”

~ Rene Cerrito

“A dream is a wish your heart makes....”

~ Walt Disney song

“Knowing what you want is the first step toward getting it”

~ Mae West

“The heart wants what it wants”

~ Emily Dickenson

Introduction To Clarity

“Nothing Happens Unless First We Dream”

~ Carl Sandburg

We must allow ourselves to dream! And to envision ourselves living our most heartfelt desires. To do this we have to put aside our left brain logical, analytical mind that factors in what is probable or possible; and go into the right brain creative realm of the imagination. That is fertile ground. That is where all the possibilities are. That is where all the true and authentic desires live.

“The intuitive mind is a sacred gift...and the rational mind is a faithful servant”

~ Albert Einstein

The mind must take direction from the heart. Any creation of beauty has first started with a dream from the heart.

In this module you will gain clarity about your true desires, dreams, values, passions, and your most cherished vision for your life. Create your life from your heart... from what you really love... what you cherish... what you are passionate about... what has deep meaning for you!

You are a creator. You are powerful. You can live your life true to your own vision. What is your vision for your life?

“Tell me... What is it you plan to do with your one wild and precious life?”

~ Mary Oliver

Let's Begin!

Clarity Index

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- Wheel Of Life
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- Vision
- Wise Inner Being Guided Imagery... *Audio*

Play Sheets:

- Discovery Questions
- My Values
- Create A Vision Board
- Your Ideal Scene
- Journaling/Lists
- Keep A Journal

Your Heartfelt Dreams

What if you really allowed yourself to dream without limitations... to freely express the deepest desires of your heart?

Laser Journal Exercise:

Stream of Consciousness... Write for ten minutes without stopping to edit (set a timer). Don't censor yourself. Don't worry about grammar, punctuation, or sentence structure. Just get your thoughts and feelings out. This is for you alone, so be honest with yourself!

- What are your dreams for your life?
- What lights you up... What are you passionate about?"

How does it feel to freely express yourself about your dreams/passions?

What is the "golden nugget" of truth that you can bring to your life now?





Peak Experience Meditation



[Click here to listen to the
Peak Experience Meditation](#)

Copy follows on next page



Peak Experience: Introspective Exercise

Get comfortable. Take a few deep breaths. Close your eyes, and go to a quiet place within yourself.

Identify a peak moment in your life when your experience was especially rich and rewarding... when you felt fulfilled and happy... or your experience was very poignant or deeply satisfying.

Bring this experience to life in your memory... Use all your senses... Make it vivid in your mind. Notice all the details.

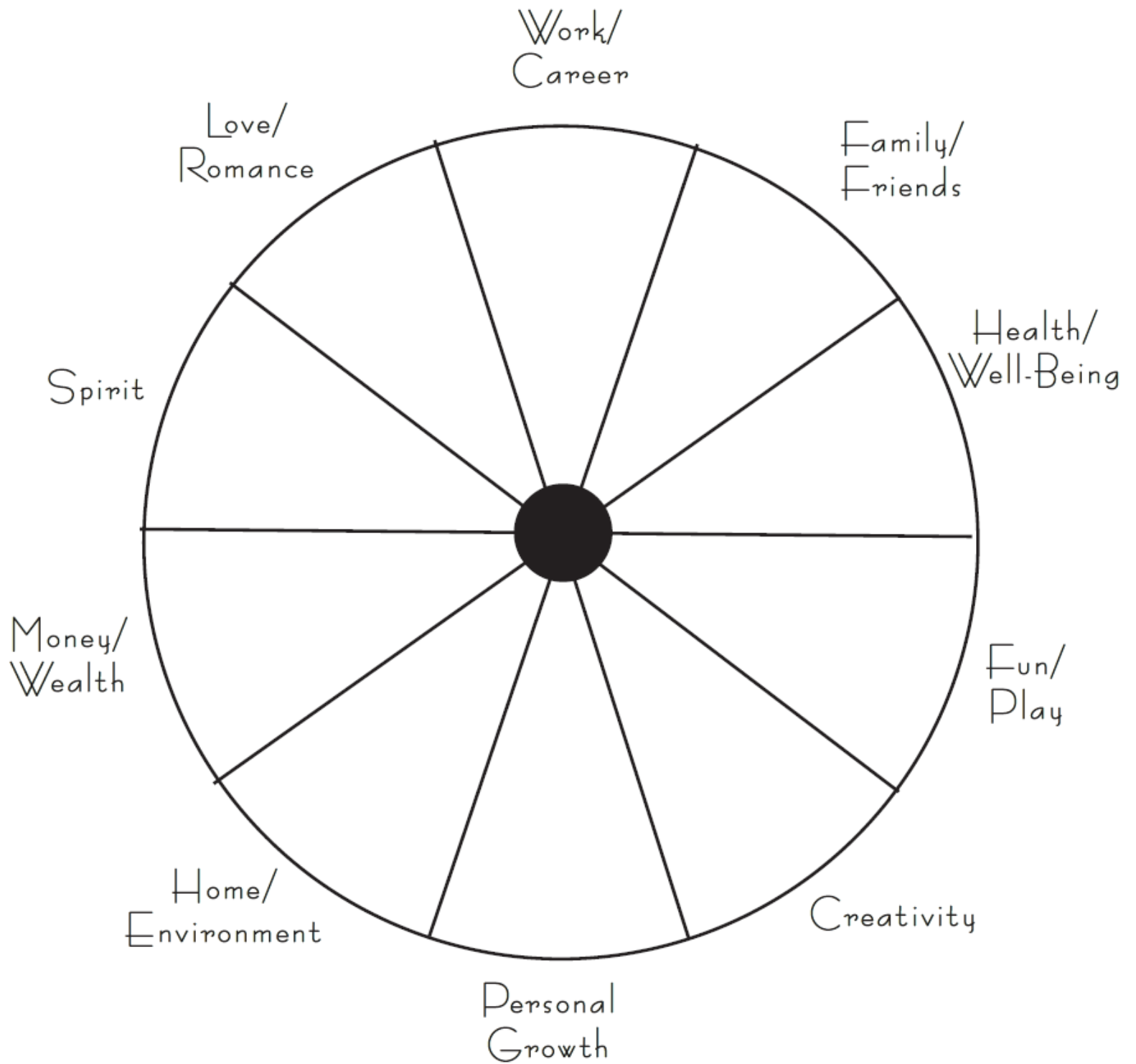
- What was happening?
- Where were you?
- What were you doing?
- Were you alone or with other people?
- Notice your feelings. What was the mood of the experience?
- What were you seeing... smelling... tasting? What sounds were around you?
- How were you dressed?
- What was special about this moment?
- Who were you being?
- What aspects of yourself were you enjoying?
- What values of yours were being honored in that experience?

When you feel complete... open your eyes... remain silent and stay with your experience. Journal your insights.

Start your Values list (See Play Sheet).



The Wheel Of Life



There are ten aspects in the Wheel of Life. They can be customized to be more relevant to your life by using subsections. For example the creativity aspect might be divided into painting, writing, cooking, gardening, etc. The health/well-being aspect might be divided into diet, exercise, relaxation, energy, etc. Personal growth might include learning, adventure, or travel.

~ Current Assessment

How satisfied are you now in each aspect of your life?
On a scale of one to ten... with one being extremely unhappy in the center of the wheel, and ten being wildly happy on the outermost rim of the wheel; illustrate your current level of satisfaction in each aspect of your life by writing a number and the date.

~ Appreciation

Write three things in each aspect of your life that you really appreciate or love.

~ Blessings

Write three Blessings for each aspect of your life that you would like to have.



Love/Romance...

Appreciations

-
-
-

Blessings

-
-
-

Family/Friends...

Appreciations

-
-
-

Blessings

-
-
-



Fun/Play...

Appreciations

-
-
-

Blessings

-
-
-

Creativity...

Appreciations

-
-
-

Blessings

-
-
-



Personal Growth...

Appreciations

-
-
-

Blessings

-
-
-

Health/Well-Being...

Appreciations

-
-
-

Blessings

-
-
-



Home/ Environment...

Appreciations

-
-
-

Blessings

-
-
-

Money/ Finances...

Appreciations

-
-
-

Blessings

-
-
-



Spirituality...

Appreciations

-
-
-

Blessings

-
-
-

Work/Career...

Appreciations

-
-
-

Blessings

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-
-



Inner Truth / Authentic Desire: Journal Exercise

For this exercise, please consider yourself and Only yourself... loved ones, influential ones, all others set aside for this. Total honesty with yourself.

Please suspend all ideas, beliefs, limitations of what you think is possible. Just write. Don't worry about grammar, spelling, punctuation, or sentence structure. You... Uncensored... Unplugged. Just get your true feelings and thoughts out.

This is for you only... completely private. You can write this as one entity, or answer each question individually.

Set a timer for ten minutes and write without stopping! The journal prompt questions are on the next page!



- What do I really, really, really want?
- What do I deeply desire and truly yearn for in my heart?
- What would nurture my soul?
- How do I really want to live my life?



Vision

Create a vision for each area of your life. What would your 'wildly happy ten' look and feel like. Refer to the Blessings you expressed in the ten aspects of the Wheel Of Life. Describe in great detail your deepest, most heartfelt desires. Really allow yourself to express your true feelings and dreams. Do not edit or censor yourself. Put aside your current belief of what is possible. Write your immediate response from your heart. Use all your senses to envision it in your imagination. This is your ultimate dream for each aspect of your life.

What would it be like to wake up in the morning and be in love with your life?

What is essential to your well-being... body, mind, heart, and soul?

What do you really need/desire to be happy, nurtured and fulfilled?



- Love/Romance
- Family/Friends
- Fun/Play
- Creativity
- Personal Growth
- Health/Well-Being
- Home/Environment
- Money/Finances
- Spirituality
- Work/Career



Love/Romance

Family/Friends



Fun/Play

Creativity



Personal Growth

Health/Well-Being



Home/Environment

Money/Finances



Spirituality

Work/Career






Wise Inner Being Meditation



[Click here to listen to the
Wise Inner Being Guided Imagery Meditation](#)



Your wise inner being is you... your divine eternal being. She is the source of your intuition and your inner knowing. She is the loving voice of your soul. Stay quiet and still after you listen and journal your experience while it is fresh in your memory.