



Some Suggested Questions for Visioning with all Levels of Learning & Processing

1. Clarify what you'll be Visioning – what is the thing that want to achieve or make happen or change
2. What is important about this thing to you? Why is it worth your time and energy to vision and execute?
3. What's the "should" that might come up as you vision?
4. What do you want to remember and come back to around the "should"?
5. Invite client to close eyes & go inwards if that is aligned for them
6. Connect into heart. And back to what is important about this thing. Ask your heart to tell you more.
7. Ask heart what values you want to bring to this thing and for it to be instilled with?
8. FEEL those values in your heart and in your body. What do they feel like?
9. Who do you want to BE in this thing/vision?
10. SEE yourself Being this.
11. With these values intact and with you Being who you want to be, what value will it bring to others?
12. How will it feel to bring that value to others? Feel in your body?
13. What inspired ideas do you have?