



# Sacred Depths Certification

## Visioning Self-Quiz

1. What is Visioning?

2. What is the difference between a vision and a goal?

3. T/F: Visions based on “should” are misaligned

4. What can go wrong when a vision is misaligned?

**1)** Visioning is helping clients get clear, in aligned ways, on what they desire in the future. This clarity is often the most efficient way to help client get, create, or achieve what they want. **2)** The vision is the bigger picture, farther off into the future. A goal is a marker on the journey to the bigger picture. **3)** True. Visions are most aligned when they come from the heart and are rooted in desire. **4)** When a vision is misaligned, it can end up not being believable to or desired by the client.

5. In the context of stretching towards a goal, when co-creating a vision or a goal with a client, you want them to be in the zone of \_\_\_\_\_ or \_\_\_\_\_ but not the \_\_\_\_\_ zone.

6. What are some ways to create “permission” for a client to feel allowed to vision?

7. Which of these are good to do when a client is resistant to visioning?

- a. Managing your energy as the practitioner
- b. Explore the block in more detail with the client
- c. Normalize the resistance
- d. Move into the heart, spirit, and body level of learning and processing
- e. All of the above

8. What is sometimes behind a client having too many ideas?

5) Stretch or risk; not the “I’d rather die” 6) What would you really want to accomplish in life if you were absolutely, positively certain you would do it?; What would I really want from life if you were absolutely, positive certain you would get it?; What would you do that totally different if you were absolutely, positively certain it was OK?; Explore how and why client hadn’t had permission to vision in the past. 7) All of the above. 8) Often it can be related to the human fear of not being able to get to it all or having enough time to get it all done.