



Lucid Vision Quest - Instructions

With the right amount of clarity, you will know precisely how you should move forward. Ideally, these questions can help you gain insight into what has held you back in the past from accomplishing your goals to the fullest degree in the past.

Please below the list of my private, personal questions I have collected over the years to stop myself in the tracks when I needed to take a step back and think about the bigger picture. I recommend printing them out and bringing them and a lovely paper journal or notebook with you on your vision quest. Choose a serene nature spot that makes your soul sing. It could be a mountain, a lake, a river, or a calm beach. I recommend blocking out at least a solid 2 hours of journaling. Head out to that place as early as possible; ideally, 6 or 7 am. Once you arrive, take a moment to create mindfulness, in silent meditation, or prayer. Once you are entirely centered, begin to journal down the answers to these questions. Take your time and try to be honest with yourself - even when it is hard. Make sure your phone is muted and on airplane mode, and you are alone and cannot be distracted.

I am looking forward to seeing you in our next meeting and hearing about the great insights that came from within your inner wisdom.



Lucid Vision Quest – Journal Prompts

1. Which of these things (if done) makes the rest easier or irrelevant?
2. What is my most important question? - Question to ask yourself daily -
3. What should my most important question be?
4. What item / problem makes me most uncomfortable?
(If you can't find your most important question)
5. How am I complicit in creating the outcomes / situations / relationships / problems I say I don't want?
6. Makers Schedule [Before Lunch] versus Managers Schedule [After Lunch]
– What does it look like for you?
7. What would be the right question to ask myself in this situation?
8. What questions have I not asked myself about this?
9. What am I unwilling to feel?
10. What would I do in this situation if I loved myself?
11. If you are complaining:
 - a. Where am I not taking full responsibility right now?
 - b. Where are you complaining?
12. If you are holding on to a negative feeling such as anger, hate, resentment, jealousy, anxiety: Ask yourself:
 - a. What am I getting out of this for holding onto this?
 - b. What is the perceived value of holding this belief / feeling / vibration?
13. What would I do in this situation if I did not hold resentment / if I were in total peace inside of myself?