

Vision Quest Journal

Day 1: Deep Dive



Place your hand over your heart and take a deep breath into your heart area. Now make a promise to your self that you will keep your heart open and your walls down as you answer the following questions.

Allow your soul-self to answer, not your ego.

- Don't answer with what you think your parents would want for you.
- Don't answer with something that might look "cool" to your friends.
- Don't answer with something that is meant to compete with someone you have a rival with.
- Answer with what feels like what your soul is craving for you in this life.

Deep Dive Questions

In what ways do you feel like you may have gotten off track in your life?

What direction do you want to go in?

Who or what do you want to be?

What do you want to give back to your family or to the world?

What would you try if you knew no one could negatively judge you for it? Or judge you if you fail?

Is there a relationship in your life that needs mending?

Is there forgiveness that you need to give to yourself?

Is there something you want to stop doing? Give up? Or let go of?



What can you do today so that you will have zero regrets tomorrow?