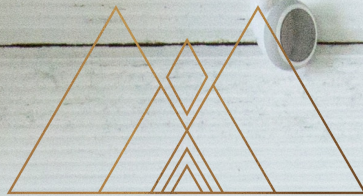


JAZMINERUSSELL.COM

PERSONAL VISIONING PROCESS

2 STEPS TO MORE CLARITY, INTENTION, AND PURPOSE



JAZMINE RUSSELL

Dealing With Dream Fatigue

Why we get stuck working towards the wrong goals

I remember scoffing at the question "What do you want to be when you grow up?" before I could spell : "A singing dancing ice skater" This was pre Disney on ice, mind you, and the perfect response from a kid who would never let one single thing define her.

Kids are the most creative thinkers and natural followers of passion and desire. Ever noticed that they ALWAYS seem to know exactly what they want and are NOT afraid to let you know what that thing is?

Eventually, most of us unlearn that kind of authentic creative thinking. Whether it's harshly imposed external limitations, survival mode, trauma, or a fear of disappointing people, at some point we stop considering, from the smallest to the largest scale, what it is we actually want.

There are two ways we often get stuck:

- 1. We stay in the visioning/dreaming phase too long and never take action out of fear*
- 2. We work, hustle, and move forward all with the sinking feeling that something is off - do we even want that thing we're headed towards in the first place?*

Sure, both issues suck and involve a lot of fear. The first is a fear of going out on a limb, being seen, making mistakes, or failing - something most of us struggle with.

*But the second is a fear of something more insidious - the fear of our deepest desires themselves. The fear that if we acknowledge what we **truly** want it'll cost us something huge - our relationships, love, familiarity, our identity.*

That's why checking in consistently with ourselves, making time to rediscover our desires is crucial.

Desires help us discover who we are becoming. In many ways it's less about HOW something happens or WHAT dreams we pursue, and more about WHO we get to be in the process.

***"When I dare to be powerful, to use my strength in the service of my vision, then it becomes less and less important whether I am afraid."
-Audre Lorde***



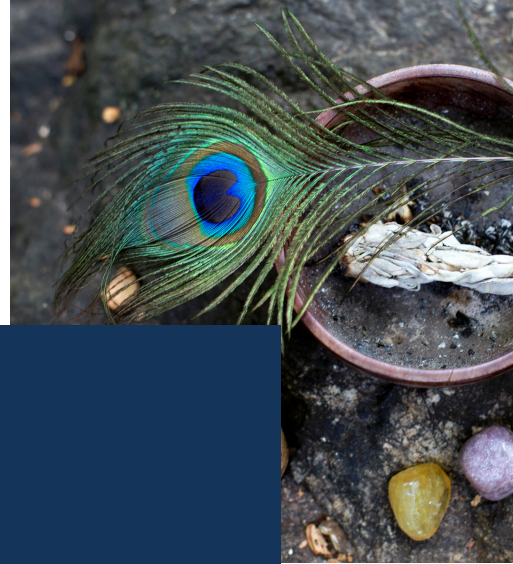


Step 1: Brainstorm

PERSONAL INTENTIONS

Use the space below to write out your desires, wants, intentions goals in each of the 4 domains. Time yourself - use up a whole 10 minutes PER page. Keep pen to paper, don't stop to think how something will happen or even if you're sure about it. Just. Keep. Writing. Use the following prompts:

- Wouldn't it be awesome if...?
- I've always wanted to...
- I think I'd like to try....
- If nothing stood in my way, I'd...
- How cool would it be if...?
- I'd love to ...



PROFESSIONAL INTENTIONS

Write your professional intentions (this can be career, education, livelihood, creativity, mission, etc.). Keep pen to paper for 10 minutes, don't stop to think how something will happen or even if you're sure about it. Just. Keep. Writing. Use the following prompts:

- Wouldn't it be awesome if....?
- I've always wanted to...
- I think I'd like to try....
- If nothing stood in my way, I'd...
- How cool would it be if...?
- I'd love to ...



RELATIONSHIP INTENTIONS

Write your intentions for your relationships/community (this can be friendships, colleagues, children, partners, etc.) Keep pen to paper for 10 minutes, don't stop to think how something will happen or even if you're sure about it. Just. Keep. Writing. Use the following prompts:

- Wouldn't it be awesome if....?
- I've always wanted to...
- I think I'd like to try....
- If nothing stood in my way, I'd...
- How cool would it be if...?
- I'd love to ...



LIFE AREA OF YOUR CHOICE:

Pick a life area that needs more creativity or intention, or that is significant to you (e.g. spirituality, home, health). Write your intentions for this area. What's your biggest desires for this area? Keep pen to paper for 10 minutes, don't stop to think how something will happen or even if you're sure about it. Just. Keep. Writing. Use the following prompts:

- Wouldn't it be awesome if....?
- I've always wanted to...
- I think I'd like to try....
- If nothing stood in my way, I'd...
- How cool would it be if...?
- I'd love to ...

Step 2: Narrow

What can happen in 1 year?

Go back and look at what you wrote
Do you see any themes? Larger patterns?
Any ah-ha moments?

Go back and circle 1 intention on each page that really lights you up and that you can likely do within a year.

If you can't choose, know that you can keep coming back here and working towards many of these intentions! But for now, get in the habit of choosing by listening to your gut - which one really makes your insides light up?

Exercise is adapted from Tony Robbins: Awaken The Giant Within & Marie Forleo: Everything is Figuroutable

1 YEAR INTENTIONS

- 1.
- 2.
- 3.
- 4.



***"Be brave enough to live the life of your dreams according to your vision and purpose instead of the expectations and opinions of others."
— Roy T. Bennett,***



Hey, I'm Jazmine

HOLISTIC COUNSELOR, MENTAL HEALTH ACTIVIST,
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I help people find the wisdom in their pain,
and the tenacity to heal. through
1:1 Holistic Counseling Sessions,
Breathwork Sessions, and
Energy Healing Sessions



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Every Friday I send out tools, research, and practices for
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