

Vision Casting



**Connect to your creative vision,
end the year with peace,
& align with the energy of 2024**

What to Expect:

During the next 2 days you'll get a chance to create your own inner compass (see page 6 for a template to use). We'll do this by taking a deep dive into your life as we look at all of the things you've created and some of the patterns that come up over and over again. We'll see where your strengths are and learn about goal trauma in order to start clearing some of the patterns that are keeping you stuck. We'll also look at what you're creating now and start getting curious about what your core values are.

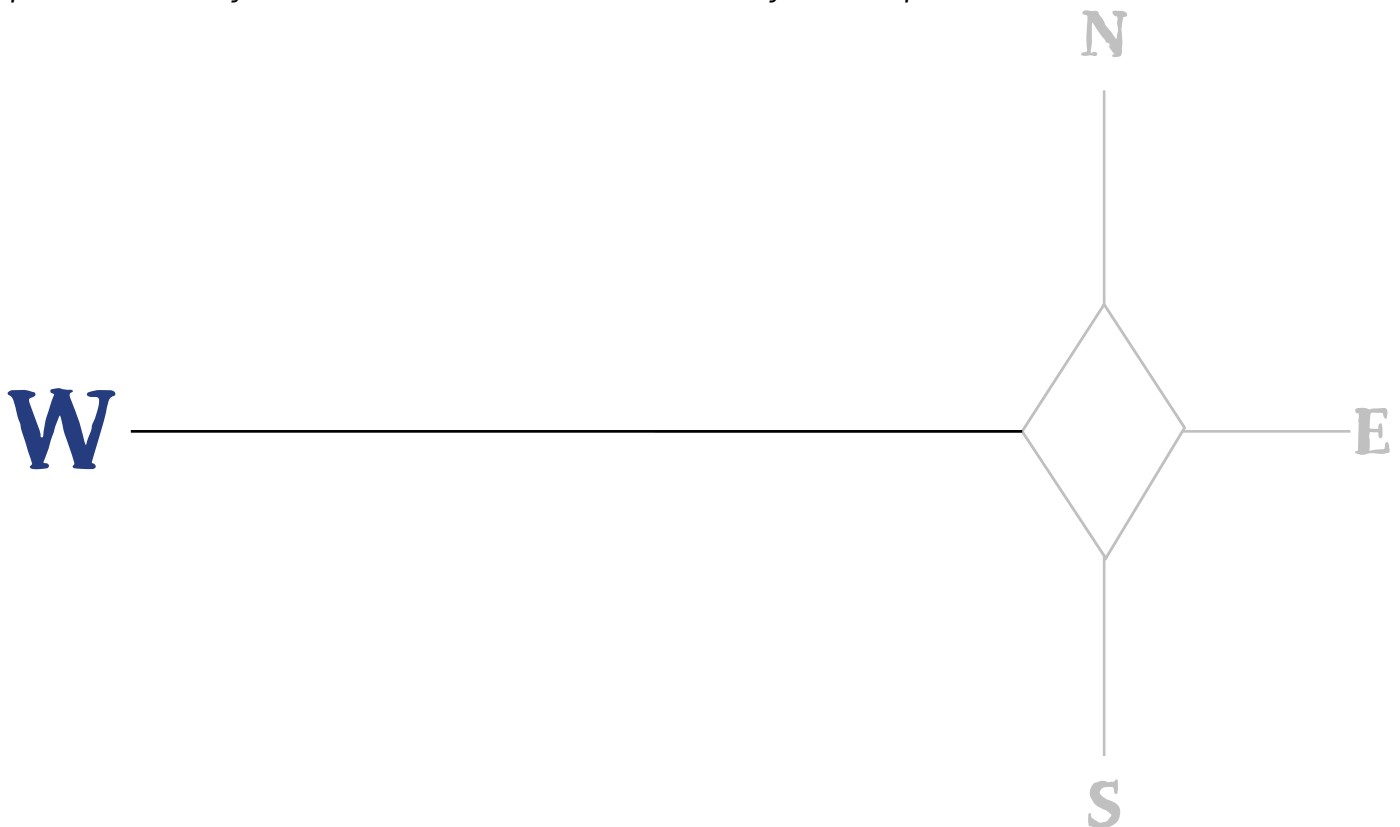
On the 2nd day you'll learn about some ways to ground your vision and turn your dreams into reality. We'll speak to ways to get out of your head and start working with support structures that are available to you. Roz will share about the numerology of 2024 so that we can align with the natural rhythms of the year and thrive as we bring our creative project to life. Once we've moved through all of this we'll do a guided visualization to discover what we're calling our North star or creative vision.

At the end we'll have time to create a piece of art based on your compass and connect with each other.

Part 1:

- Reflect on your life up to this point. What are the things that you've created? What are the things that you're most proud of or big challenges that you moved through?

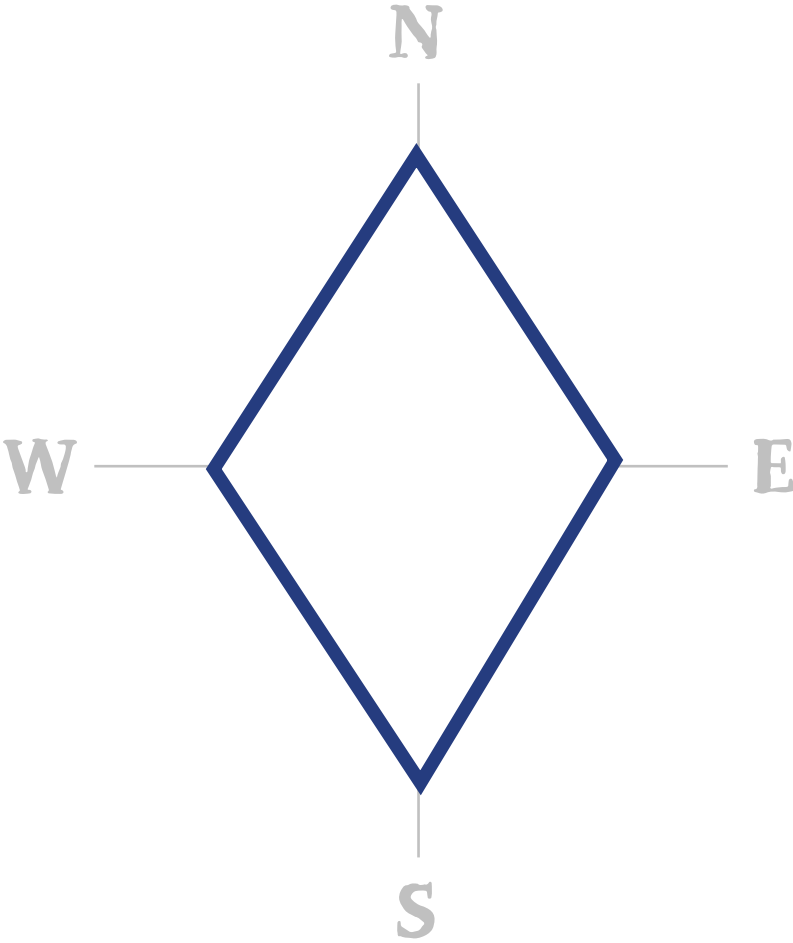
(Hint: You can break it down into decades if that's easier to process. Just write what comes up. You can always come back) Fill in the West side of your compass...



DREAM WORK

Directions:

1. Look back at your body of work and what you're creating right now. Notice the core value or values that come up in all of these things (try to limit it to 3). Fill in the diamond below to use as the center of your compass...



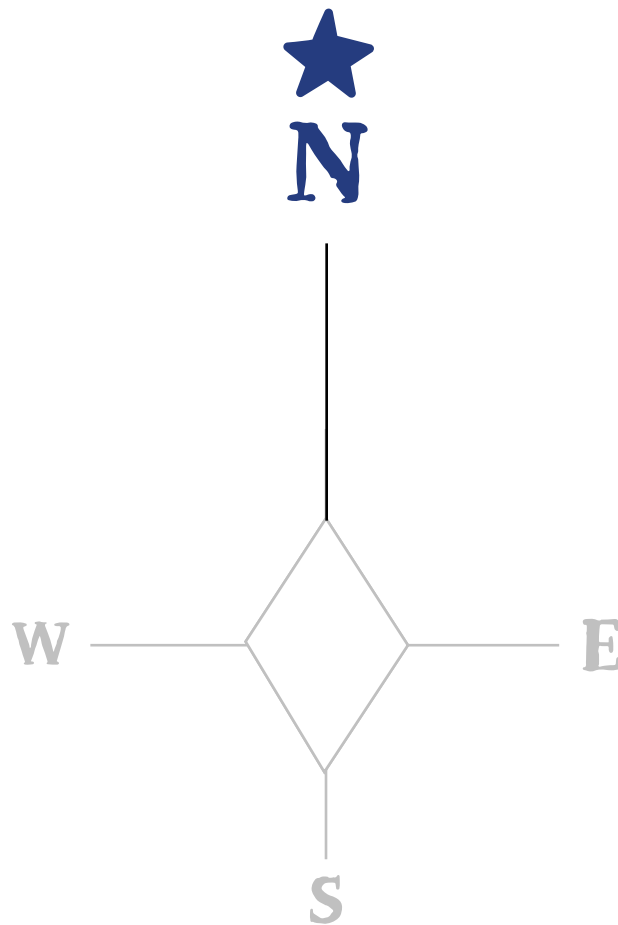
2. When you go to bed tonight invite your creative vision to come to you in a dream. You can use the space below to make note of anything that feels significant.

Part 2:

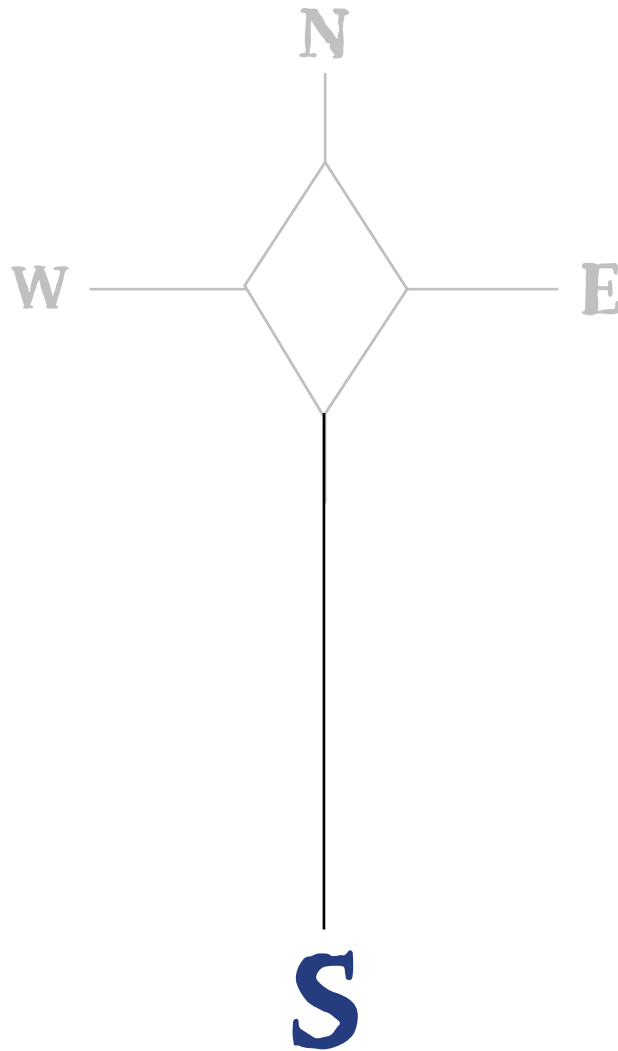
- What would you love to do?

- What is the creative project that's calling you?

Fill in your North Star...

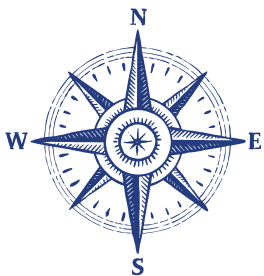
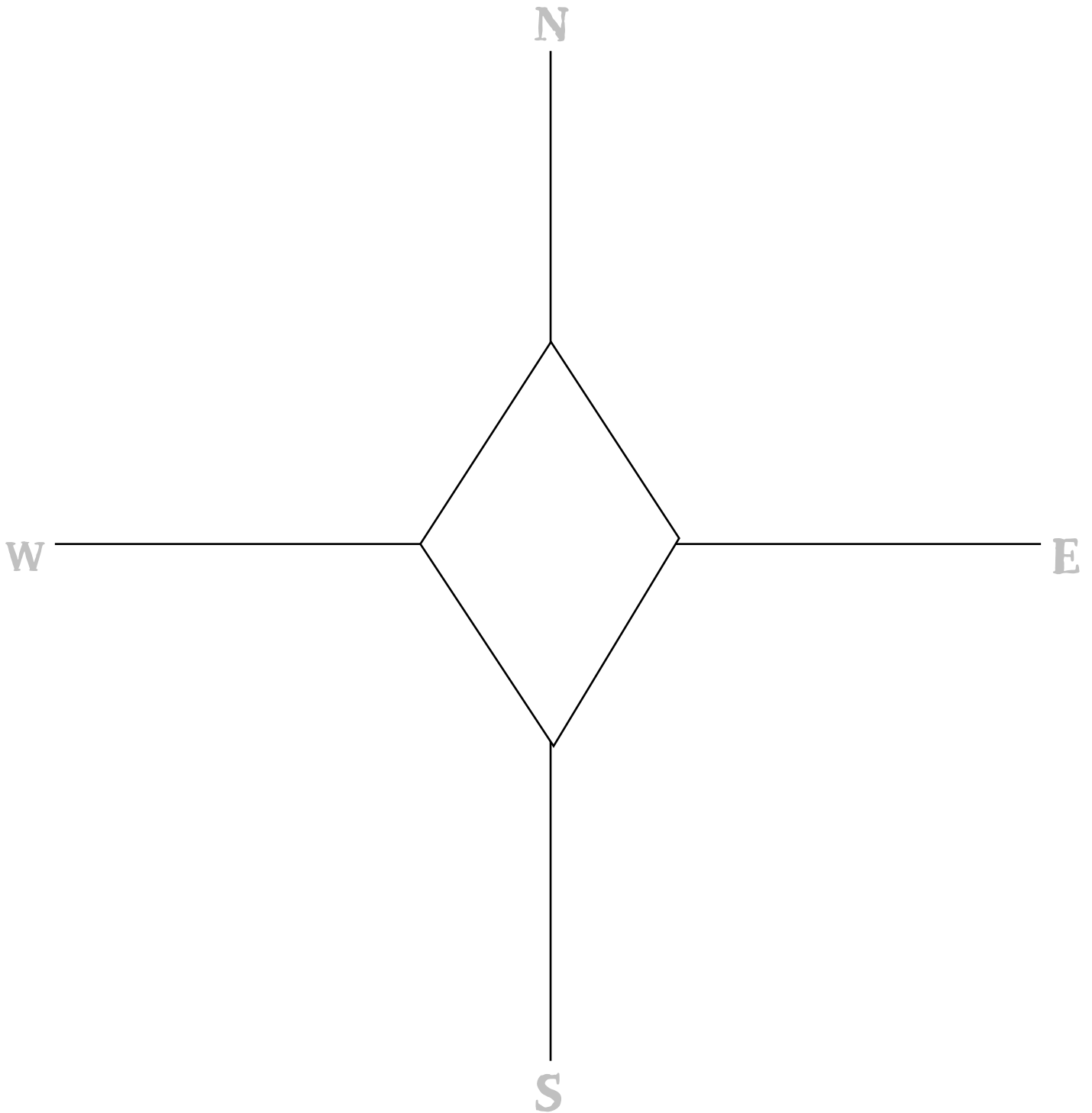


- What will support you as you create this project? What practices will help you embody the energy of this vision? Who will help you? What structure will it take?



- What comes up as Roz shared the numerology about 2024? Did it add a new perspective or depth to your creative vision?

- You can use the template below to fill in all of your answers, brainstorm, or add symbols to before you create your inner compass art.



Thank you for joining us on this Vision Casting journey. We'd love to hear from you with any questions, your biggest takeaways, or anything else you'd like to share. We hope that your inner compass will support you on your journey and we wish you all the best as you create what's on your heart.

With love,

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& **Rozlyn Warren** (hello@SacredLifeMastery.art)