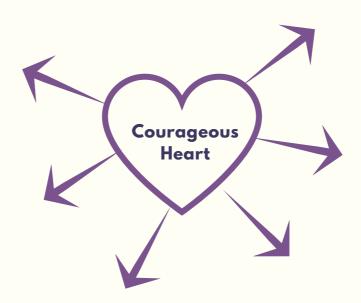
## Follow Your Courageous Heart

## **Courageous Life Vision**

What if you solved every concern over the things that are stopping you? If you could trust that the money was going to show up, that you could learn what you needed to learn and you were smart enough and capable enough to do what you wanted to do?

IMAGINE there was plenty of time and you had the support and the courage to take the next steps. What would LIVING THE LIFE of your heart's desires look like? Take a moment to heartmap. Write down all the words you feel when you imagine it (i.e. inspired, happy, excited, free, etc)



## Follow Your Courageous Heart

How would it feel to live the life of your heart's desire? FEEL IT. How does it feel when you think about having THAT KIND OF LIFE? LIVING the LIFE OF YOUR DREAMS?

Does it feel like more freedom? More joy? A greater sense of peace? More time to play and connect? To go dancing? Do you feel younger and lighter? Do you feel happier in your body? Is there more time to create, to be creative? Doing things or work that you love and believe in? Are you doing more happy dances in your life? Smiling more? Spending more time with people you love and who love you?

DESCRIBE WHAT IT LOOKS LIKE AND WHAT IT FEELS LIKE:




You hold the key to unlock this vision.