PART 1 MY 10-YEAR BIG, BEAUTIFUL H.A.I.R.Y VISION

Close your eyes and imagine. If anything were possible, what does that 10-year picture look like for you? What words or images float through your mind? What is your most colourful, compelling vision of your life? Be bold, think big. Make sure your vision elements are H.A.I.R.Y (Heartfelt, Aligned, Irresistible, Rockin' and Yours.) Stretch your thinking. Connect with your emotions. Write your vision elements in the present tense, as if they are real right now.

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PART 2 MY MOST H.A.I.R.Y ELEMENTS

Choose the most compelling words,
ideas, or pictures from your H.A.I.R.Y Vision Exercise
and put them in a circle. Think from your heart
and gut for this exercise.
Print this page out and review it daily

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PART 3 What I am FEELING

Area of my Life	*What I am FEELING as I live my Big H.A.I.R.Y 10-Year Vision*	
Relationships (family, friends, romantic)		
Physical Health & Fitness		
Money/ Finances		
Work/ Career		
Mental/Emotional/ Spiritual Health		
Recreation & Free time		

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