



NATALIE
MACNEIL

2020

NEW DECADE, NEW PARADIGM.

It's a paradigm of embodiment over mindset, rituals over habits, aliveness over automation, doing inspired by being. Let's feel into 2020 from that place using the prompts inside. Bring this completed 2020 Vision to the virtual Create Your Future LIVE Workshop.

Natalie MacNeil

On January 31st, 2020 I am... (Paint a vivid picture of what your life looks like, how it feels, what sounds you're hearing and what sensations you are experiencing.)

Note: Listen to the Futuring Ritual, and then fill this section out.

NATALIE
MACNEIL

Re-read what you wrote above, and identify your three deepest desires from that vision.

1.

2.

3.

The emotions or feelings I believe having (desire #1) will bring are...

The emotions or feelings I believe having (desire #2) will bring are...

The emotions or feelings I believe having (desire #3) will bring are...

What can you do to create those emotions and feelings for yourself now?

We will dive deeper into this and embodying your future vision in the live workshop.

When you reflect on the way you currently live your life versus how you would be living your life with your three deepest desires manifested, what would you *start doing* and how would you *start being*, and what would you *stop doing* and how would you *stop being*, to be fully in alignment with your desires and the future you want to create? These start and stop lists may include things like rituals, routines, behaviors, patterns, actions, and commitments.

NATALIE
MACNEIL

START	
DOING	BEING
STOP	
DOING	BEING

Remember to bring this completed 2020 Vision to the Create Your Future LIVE workshop. See you soon!

Natalie MacNeil