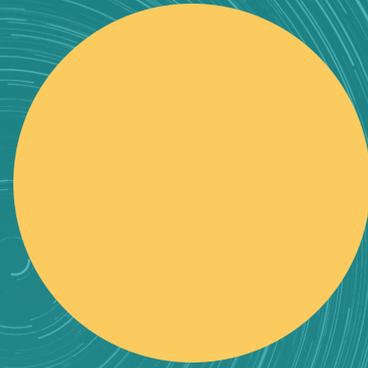


sample journey document

Everyone's journey is different, so everyone's journey document is different!
This sample is designed to give you a taste of the tangible takeaway
Launching Your Vital Life clients receive.



THIS VITAL LIFE

Veronica Smith



The Fool



2 of Pentacles



Queen of Wands



The Magician



2 of Swords



8 of Cups



King of Pentacles



The Sun

The Fool -- you are ready to take the leap!

2 of Pentacles -- What balance is needed here? Is it a choice between two things, or can they co-exist? What power sources keep you above water?

Queen of Wands -- Show the world your dance, your revelry. Be your bright and shining self out in the light.

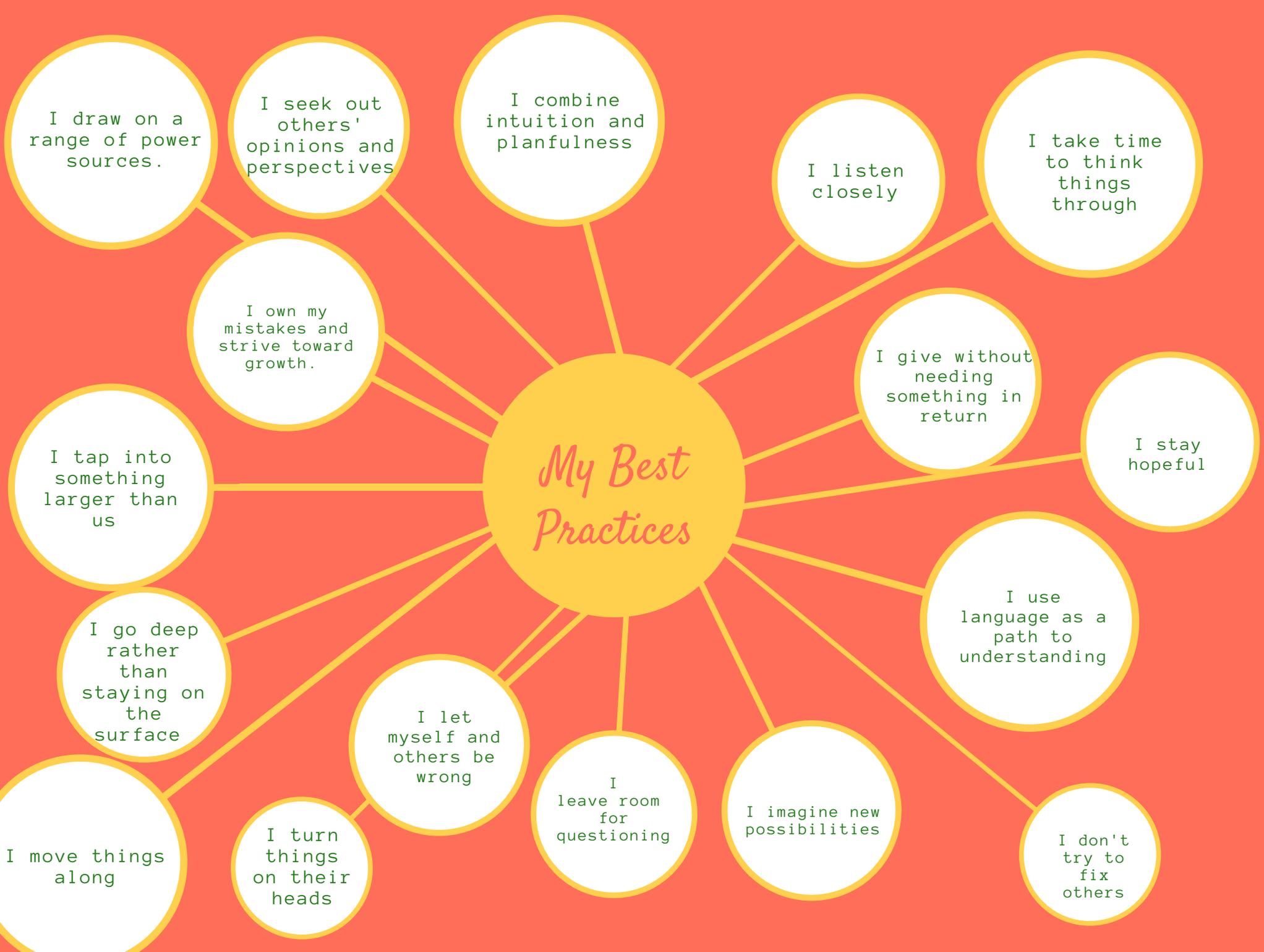
The Magician -- Work here is to understand that you have all the tools you need (quiet the perfectionist seeker part that keeps you almost-ing.) When do you know you're powerful?

2 of Swords -- Let go of the constant questioning, over-intellectualizing, false dichotomies, either-or thinking. What keeps you in this cycle?

8 of Cups -- Move away from comfort into the unknown. What do you need to turn your back on? What are you moving toward?

King of Pentacles -- Master of grounding, financial security, ease of command. Can it be that easy/uncomplicated/in flow?

The Sun -- What allows you to live in the light? What warms you? What kind of productivity brings more and more joy and play? What is your connection to the source?



My Best Practices

I draw on a range of power sources.

I seek out others' opinions and perspectives

I combine intuition and planfulness

I listen closely

I take time to think things through

I own my mistakes and strive toward growth.

I give without needing something in return

I stay hopeful

I tap into something larger than us

I use language as a path to understanding

I go deep rather than staying on the surface

I let myself and others be wrong

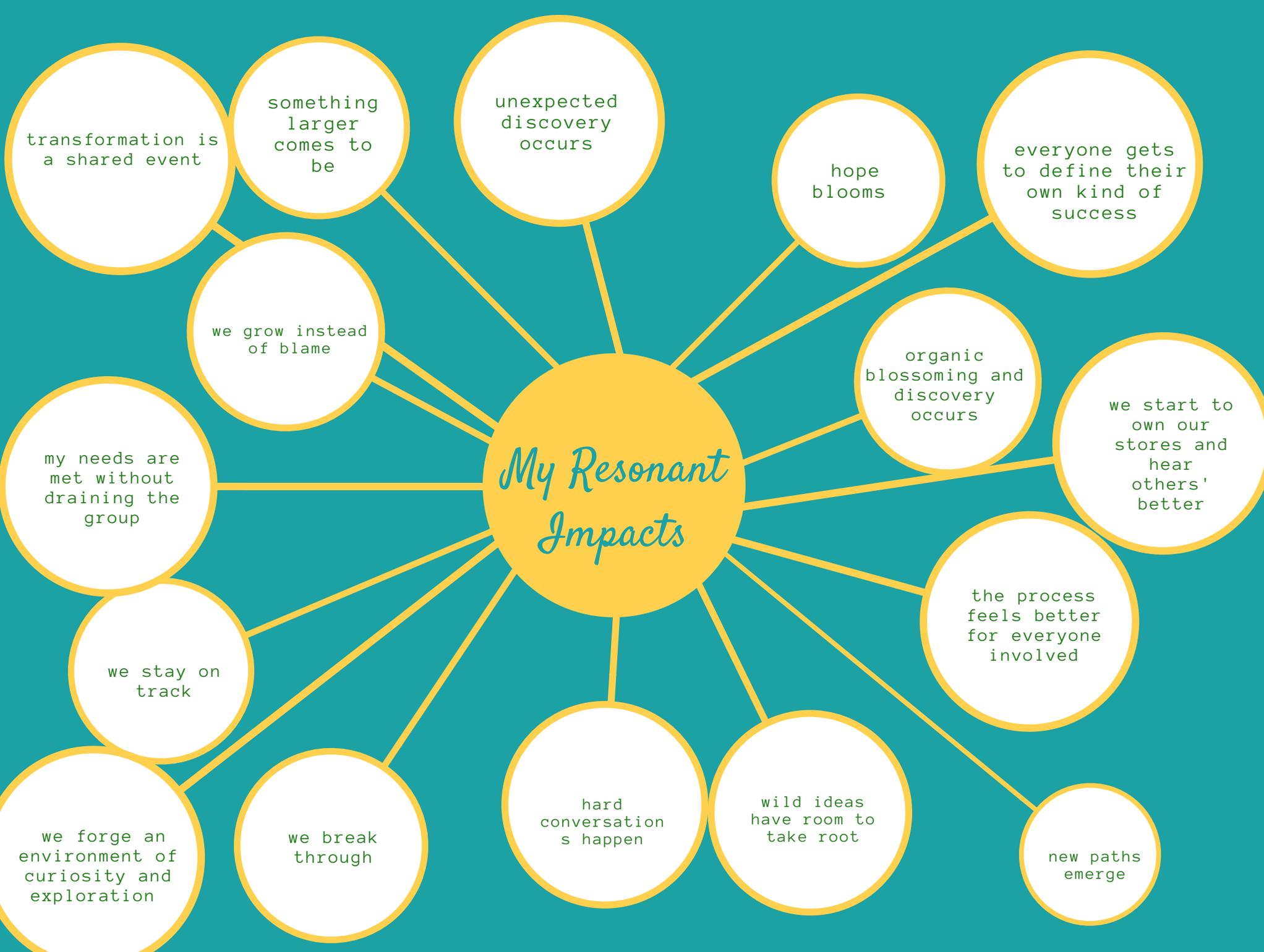
I leave room for questioning

I imagine new possibilities

I don't try to fix others

I move things along

I turn things on their heads



My Resonant Impacts

transformation is a shared event

something larger comes to be

unexpected discovery occurs

hope blooms

everyone gets to define their own kind of success

we grow instead of blame

organic blossoming and discovery occurs

we start to own our stories and hear others' better

my needs are met without draining the group

we stay on track

the process feels better for everyone involved

we forge an environment of curiosity and exploration

we break through

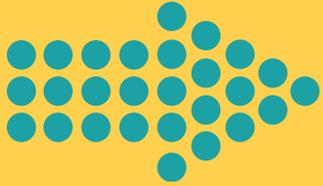
hard conversations happen

wild ideas have room to take root

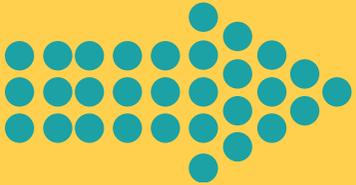
new paths emerge

**I believe that crucial
breakthroughs require brave
reframing and the release of
precious perceptions.**

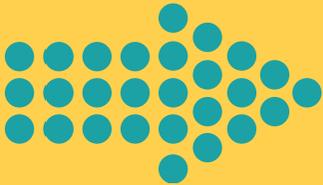
vital truths



I am enough and have much to give, even when I have much to learn.



The only experience I can control is my own.



Mistakes are as important a part of any process as successes.

deeper truths

Because it is true that I am enough and have much to give, even when I have much to learn,

it is also true that what I already know has value.

And then it is ALSO true that others can benefit from what I know and know how to do.

And then it is ALSO TRUE that keeping what I know how to do from the world out of fear of inadequacy is a selfish act.

And then IT IS ALSO TRUE that moving through my fear of inadequacy is a gift to the world.

deeper truths

**Because it is true that the only experience I can control is my own,
it is also true that being aware of my feelings is as crucial as
being aware of others'.**

**And then it is also true that I am responsible for managing my own
feelings and their impact on any space I'm in.**

**And then it is also true that managing my feelings allows me to
create or support healthy environments for myself and others.**

**And then it is also true that everyone gets to define for themselves
what constitutes a healthy environment.**

deeper truths

Because it is true that mistakes are as important a part of any process as successes,

it is also true that I should not beat myself up when I fail.

And then it is also true that failure is a matter of perspective.

And then it is also true that I actually need to experience failure in order to grow.

And then it is also true that my fear of failing is the thing that most prevents me from succeeding in the large-scale, meaningful way I desire.

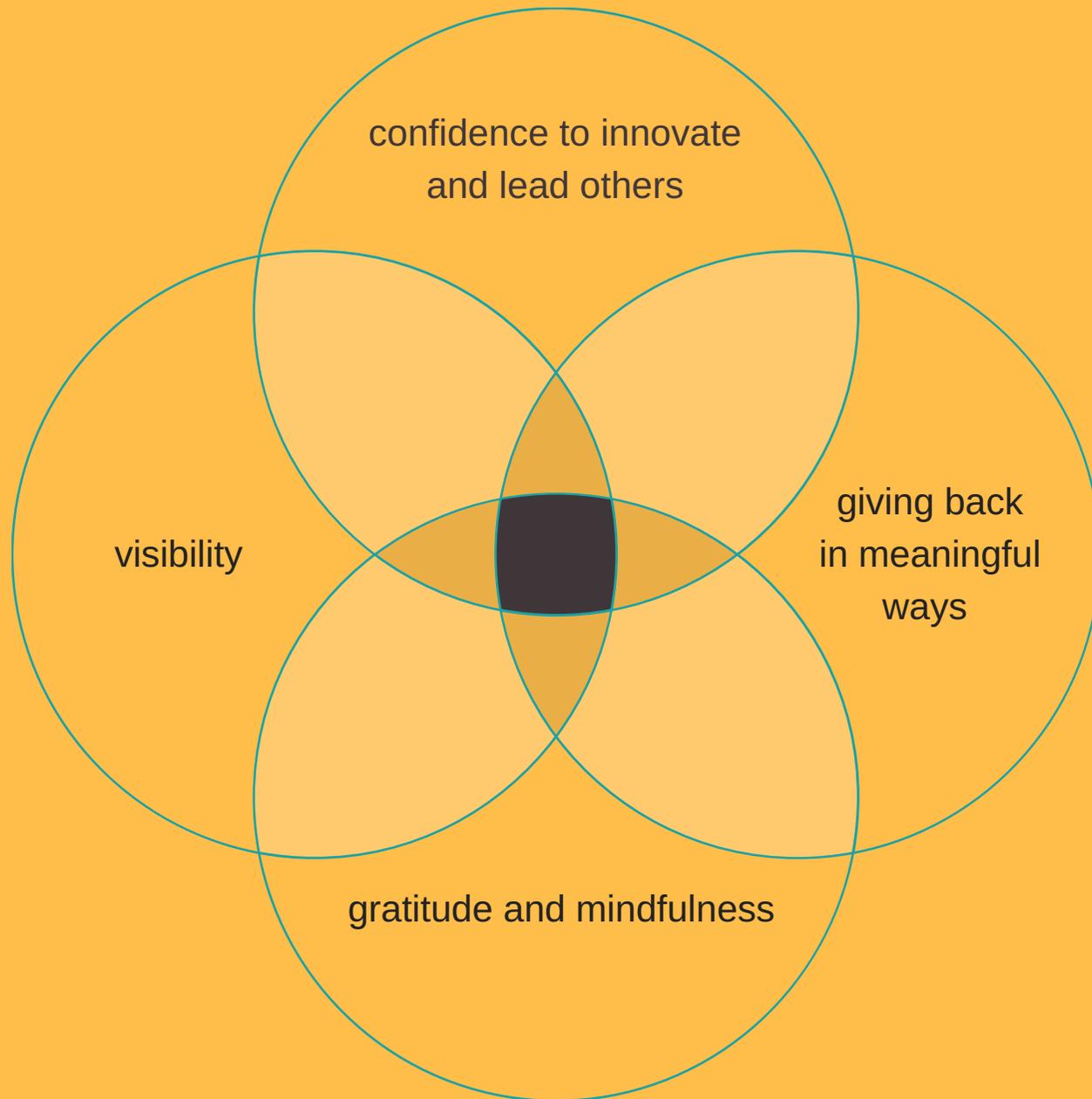


THE HORIZON

June 21, 2021

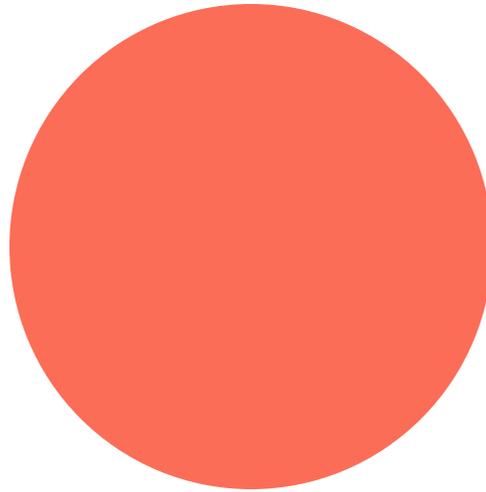
I wake up in the house where a dozen brilliant corporate leaders will gather later today to have their minds shaken open. Over my coffee and favorite gluten-free scone, I open the latest copy of Fast Company magazine and see that the article I was interviewed for about the necessity of new process thinking is in it. I call my mom, my biggest inspiration and harshest critic, to let her know to pick up a copy. I let myself cry a little. I give a lot of thanks. I text the kids because I know they're not up yet. I check my email and let the Planned Parenthood folks know that we are definitely on for the pro-bono think tank next month. I meditate for 10 minutes and start setting up for the day.

horizon vital components

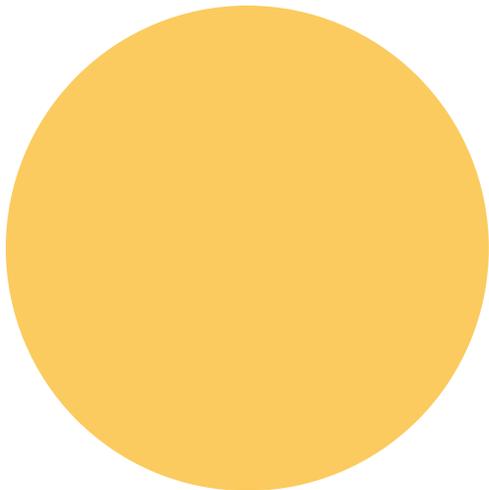


BOLD TRUTH STATEMENTS

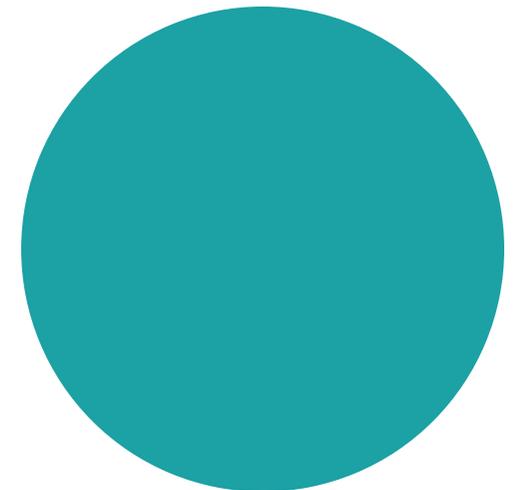
I lead others with confidence, clarity, and charisma.



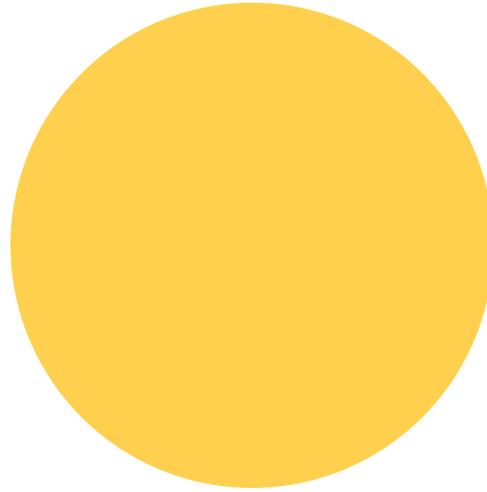
I am open to others' ways of thinking, doing, and being.



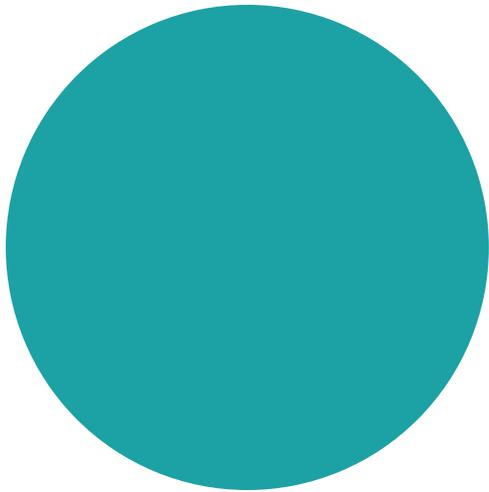
I am highly visible and able to reach those I can help.



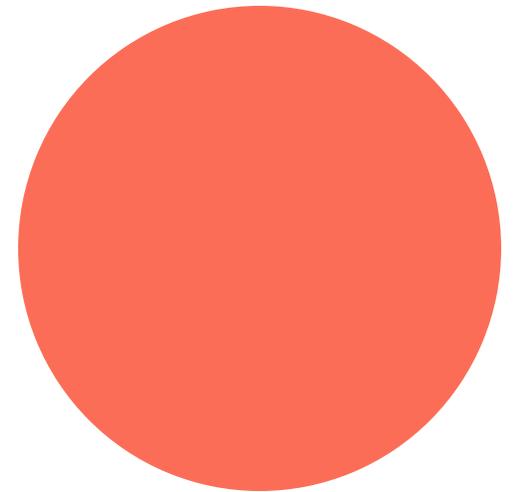
**The work I do solves
problems in lasting,
significant ways.**



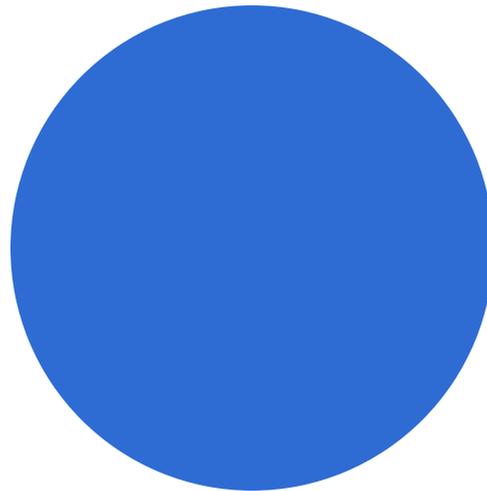
**I balance learning
with trust in myself.**



**Everyone feels a sense of
belonging in all spaces I
facilitate.**



I make my living doing
my true work in the
world.



Growth edges:

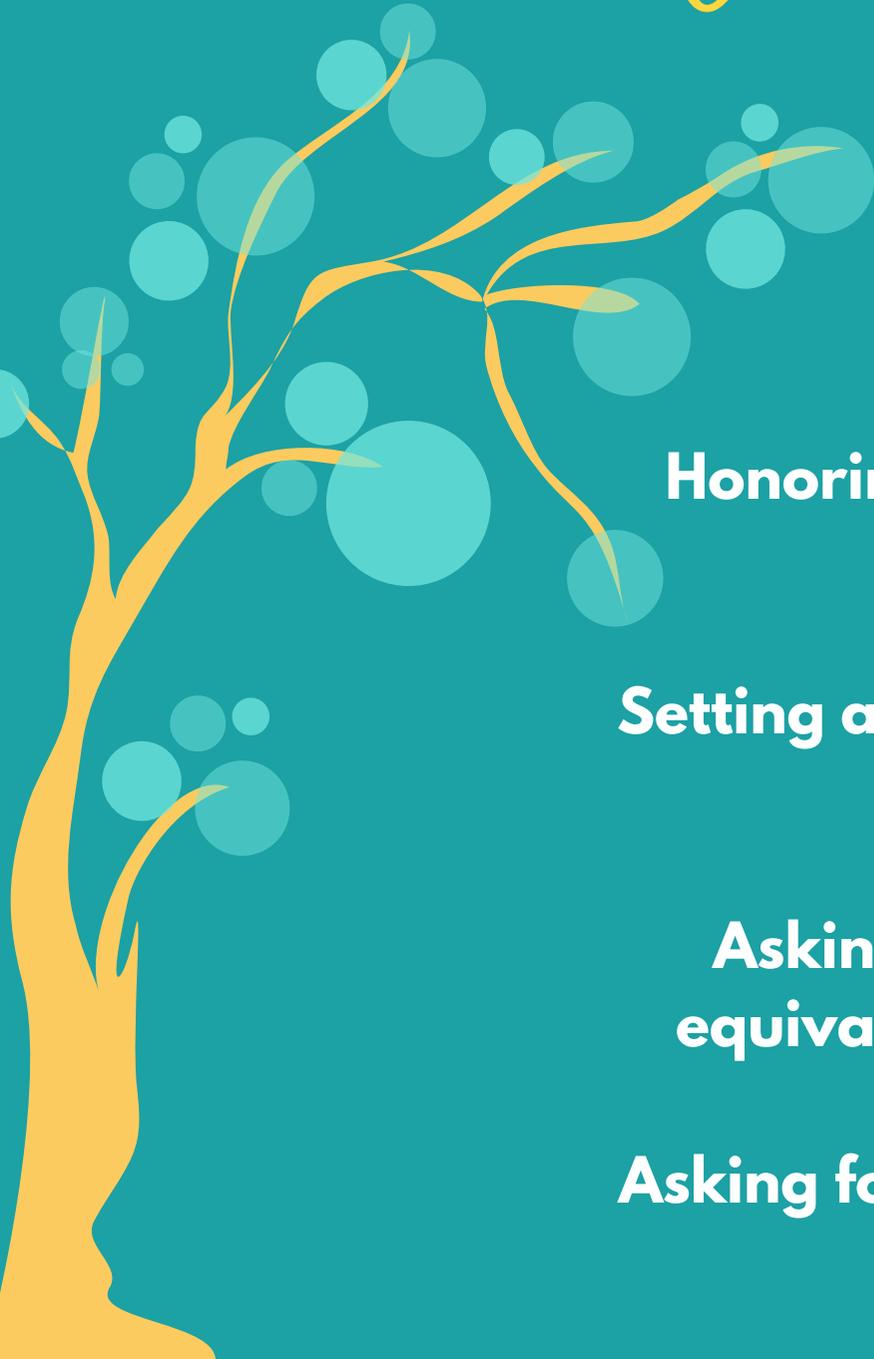
Balancing rest and work.

Honoring others' paths when they seem to contradict my own.

Setting appropriate boundaries -- learning to say "no" when needed.

Asking for and receiving compensation equivalent to my contributions and labor.

Asking for and accepting help when I need it.



The Next Right Thing

**I will remember that leaping requires
balance. I will balance and then leap.
I know that I'm ready.**





Work



Heart



Victory



Home





www.vitalcoachings.com