

21 DAY VISION QUEST

This is an ancient process, actually a yogic process of determining your VIP. Once we'd have taken you out bush, tied you to a tree and come back 21 days later to see what starvation, fear, cold and insects had inspired you to realise about your life. Instead, now, you can sit down with your laptop and enjoy a camomile tea while you do it.

However, don't underestimate the sanctity and importance of this process. You only live once and if you get your vision muddled up with someone else's, then for sure you'll put the work in but not get exactly where you want to be.

This is the key. To get where YOU want to be. This is achieved by repeating this form daily. As you finish each form, find an envelope, put the form inside along with your Vision. Seal it. Keep it safe. I recommend doing this process at night outside, but of course, that's dependent on where you live and how safe it is. The key is to do it everyday. No slips. If you plan to be away for a day, take it or do it twice the day before.

You can use more paper. My vision is currently 4000 pages long. It's a manuscript and I love it. It has pictures and sounds and all sorts of collages built into it. This is how we build the life we dream. First we imagine then we write it, speak about it and act on it. You are at stage one right here.

Over the next days you will be doing all sorts of exercises daily in order to expand your horizons. Don't be shocked if your vision expands out of recognition between day one and day 21.

Good luck and remember to enjoy it.

Chris Walker

21 DAYS OF V.I.P

Date/Day

A. What can I be thankful for (inspired about) today in each of the seven areas of life?



My Growth Word for today is

-ve	Who knows I have this quality	Benefit Me for having it?	Benefit to Others for me having it?

DAILY VISION

If I couldn't fail I would love BE, DO and HAVE

Career	
Social	
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Mental	
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