

WORKBOOK

Spring Vision Retreat: The Navigation Creation System



A printable
workbook to
deepen your
learning!

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A compass is positioned on the left side of the top image, showing cardinal and intercardinal directions. To its right, several blue pushpins are scattered across a light-colored surface. The text 'SECTION ONE OVERVIEW' is overlaid in white, centered horizontally and partially overlapping the compass and pushpins.

SECTION ONE OVERVIEW

At this retreat, we are going to check in with the vision you created in January. We are also going to look at the manifesting challenge for those of you who have been working on it. For everyone, we will focus on your business vision whatever that might be. We will integrate manifesting principles with some practical steps to keep you moving forward with inspiration.

Here are some things to do to prepare for the retreat:

- Look at your vision. What do you see from this vantage point? What about your intention? Your goals? Your manifesting focus? What happened? What has changed? Is there something to let go of? Rearrange?
- What are the top elements of your vision, that feel most alive to you now, that you want to focus on during this retreat?
- Look over the Workbook to get a feel for what you'll be doing at the retreat.

We will be filling in these sections together. Read over the Business Success Story instructions and questions. You can begin filling out the questions AND we will have time for that during the retreat as well.



SECTION TWO

CREATE A WORKING PLAN FROM YOUR VISION

INSTRUCTIONS: Write a metaphor for the aspect of your vision you want to focus on today. You may want to draw a picture as well.

A large, empty light gray rectangular area intended for writing a metaphor and drawing a picture.



SECTION THREE

A VISION STRUCTURE

INSTRUCTIONS: What structure will hold your vision to keep you on track?
Describe it here.

A large, empty light gray rectangular area intended for writing the response to the instructions.



SECTION FOUR

ACT THE PART

Some ways I will ACT AS IF my vision were real right now:

Clothes I will wear ...

Dates to put in my calendar ...

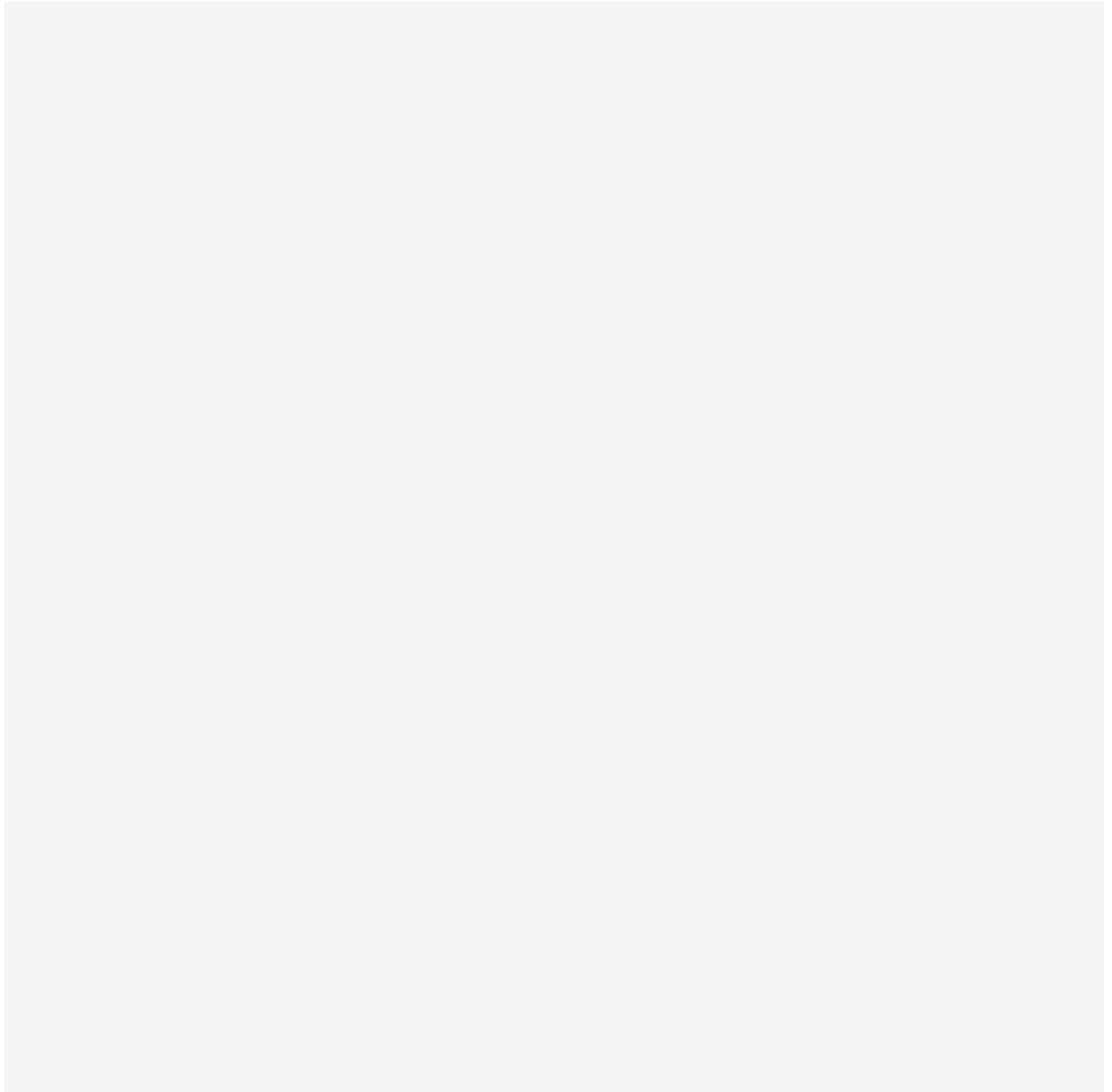
Other ways I will inhabit this vision ...



SECTION FIVE

VISUALIZATION

Notes from visualization:





SECTION SIX

WHO ARE YOUR CHEERLEADERS?

Who are the people and communities that you will reach out to for help?

A large, empty light gray rectangular area intended for writing or drawing.



SECTION SEVEN

CHOOSE NEW HABITS

List the one new habit you will start on Monday

A large, empty light gray rectangular area intended for writing the answer to the prompt above.

A compass is positioned on the left side of the page, with its needle pointing towards the top-left. The background is a light-colored map with several blue pushpins scattered across it. The text 'SECTION EIGHT YOUR BUSINESS SUCCESS STORY' is overlaid in white, bold, sans-serif font.

SECTION EIGHT YOUR BUSINESS SUCCESS STORY

INSTRUCTIONS FOR CREATING MY BUSINESS SUCCESS STORY:

- Take some time to read over the **Questions**.
- **Important:** Don't look at the **Story Structure** page until you have finished answering the questions.
- Answer the questions thoughtfully with a few words or very short sentences that best describe the experience.
- Use words that come most vividly and immediately to mind.
- You can do this more than once, so don't worry about getting it exactly right. Just let the answers flow.



SECTION NINE

MY SUCCESSFUL BUSINESS QUESTIONS

The **QUESTIONS** are on this page and the **STORY STRUCTURE** is on the next page.

QUESTION #1: WHAT ARE THREE **POSITIVE** EXPERIENCES FROM YOUR PAST THAT GIVE YOU FAITH IN YOURSELF IN YOUR CAREER AS A COACH?

QUESTION #2: WHAT ARE THREE **NEGATIVE** EXPERIENCES FROM YOUR PAST WORK EXPERIENCES THAT YOU WANT TO LEAVE BEHIND FOREVER?

QUESTION #3: WHAT ARE THREE **POSITIVE** EXPERIENCES YOU ARE HAVING NOW IN THE AREA OF YOUR COACHING CAREER?

QUESTION #4: CURRENTLY WHAT ARE YOUR THREE MOST **NEGATIVE** EXPERIENCES IN THE WORK AREA OF YOUR LIFE?

QUESTION #5: WHAT ARE THREE **FEARS** THAT YOU HAVE WHEN YOU THINK ABOUT RUNNING A COACHING BUSINESS IN YOUR FUTURE?



MY SUCCESSFUL BUSINESS QUESTIONS

QUESTION #6: WHAT THREE **QUALITIES** DO YOUR REAL OR IMAGINED ROLE MODELS POSSESS THAT YOU MOST WANT TO EMULATE?

QUESTION #7: WHAT ARE THREE **DESIRES** THAT YOU WOULD LIKE TO ACCOMPLISH IN THE AREA OF YOUR COACHING CAREER?

QUESTION #8: NOW, SOFT FOCUS AND TUNE INTO YOUR HEART ... IMAGINE A SUCCESSFUL COACHING BUSINESS JUST AS YOU WOULD MOST LIKE IT TO BE. WHAT DO YOU SEE? WHAT'S THE EXPERIENCE? WHAT ARE THE QUALITIES OF YOUR EXPERIENCE WITH THIS SUCCESS?

IMPORTANT: DON'T LOOK AT THE STORY STRUCTURE PAGE UNTIL YOU HAVE FINISHED ANSWERING THE QUESTIONS.

STOP HERE

WE WILL COMPLETE
THE **STORY**
STRUCTURE AT THE
RETREAT SO DON'T
FILL IN THE NEXT
SECTION!



SECTION TEN

MY SUCCESSFUL BUSINESS STORY STRUCTURE

When you have finished filling in all the answers, transfer your answers to the corresponding numbers in this Story Structure page.

Match the answer to the same-numbered statement (answer #1 in the blank of statement #1 and so on).

You can play with this a bit to have your answers fit the sentence starters and other aspects of the structure.

Take some time to craft My Successful Business Story until it feels authentic and just right for you. Then write your story out and let yourself experience it as you do.

STATEMENT #1:

WHEN I LOOK TO MY PAST WORK EXPERIENCE, I AM GLAD TO
HAVE LEARNED HOW MUCH I VALUE _____
_____ AND THE
JOY THIS HAS BROUGHT ME.

Put answer #1
here.

STATEMENT #2:

I HAVE GROWN IN MY AWARENESS AND AM NOW HAPPY TO
REALIZE I WILL NEVER AGAIN TOLERATE _____
_____.

Put answer #2
here.

STATEMENT #3:

RIGHT NOW WHAT BRINGS ME PLEASURE IN MY COACHING
BUSINESS IS _____
_____ AND
I AM GRATEFUL FOR THAT.

Put answer #3
here.



STATEMENT #4:

Put answer #4 here.

IN ORDER TO GROW AND FLOURISH, THOUGH, I WILL NEED TO MAKE CHANGES IN SOME AREAS WHERE I AM _____

SO THAT MY VISION CAN BE FULFILLED.

STATEMENT #5:

Put answer #5 here.

I WILL ALSO NEED TO ADDRESS MY FEAR OF _____

SO THAT I DON'T PROJECT IT OUT INTO THE FUTURE.

STATEMENT #6:

Put answer #6 here.

INSTEAD, I WILL TAKE AS MY GUIDE THOSE PEOPLE WHO ARE _____
_____ BECAUSE ...
(THIS SENTENCE IS FINISHED BY #7)

STATEMENT #7:

Put answer #7 here.

THEY INSPIRE ME AND GIVE ME FAITH IN MY DESIRE FOR _____
_____.

STATEMENT #8:

Put answer #8 here.

I WILL NOW PUT MY ATTENTION ON THIS DESIRE AND LET THE UNIVERSE KNOW MY INTENTION TO CREATE A SUCCESSFUL COACHING BUSINESS THAT INCLUDES _____

BECAUSE THIS IS IMPORTANT TO ME AND I AM GRATEFUL TO HAVE IT IN MY LIFE.



SECTION ELEVEN

SHARE YOUR VISION WITH OTHERS

What was it like to share your story?

What insights did you gain from hearing others stories?



SECTION TWELVE

MAKE YOUR VISION REAL

Write down one small step you will take toward your vision now:

A large, empty, light gray rectangular area intended for writing a small step toward one's vision.

A vintage-style compass with a silver ring and a blue pushpin on a light-colored surface. The compass is positioned on the left side of the frame, showing its face with cardinal directions (N, S, E, W) and degree markings. A blue pushpin is stuck into the surface to the right of the compass. The background is a soft, out-of-focus light blue and white.

**THE FUTURE
BELONGS TO
THOSE WHO
BELIEVE IN THE
BEAUTY OF
THEIR DREAMS.**

ELEANOR ROOSEVELT