



# *Vision Quest* WORKBOOK

*by*

**DUSTIN URBAN**  
TRANSFORMATIONAL COACH

IMAGINE THAT IT IS DECEMBER, 2019 AND YOU ARE LOOKING BACK ON  
THE BEST YEAR OF YOUR LIFE. WHAT MADE IT SO INCREDIBLE?

DESCRIBE IN DETAIL.



WHAT ARE THE TOP 3 LIMITING BELIEFS THAT ARE HOLDING YOU BACK FROM CREATING THIS VISION? WHY DO YOU THINK THEY HOLD YOU BACK?

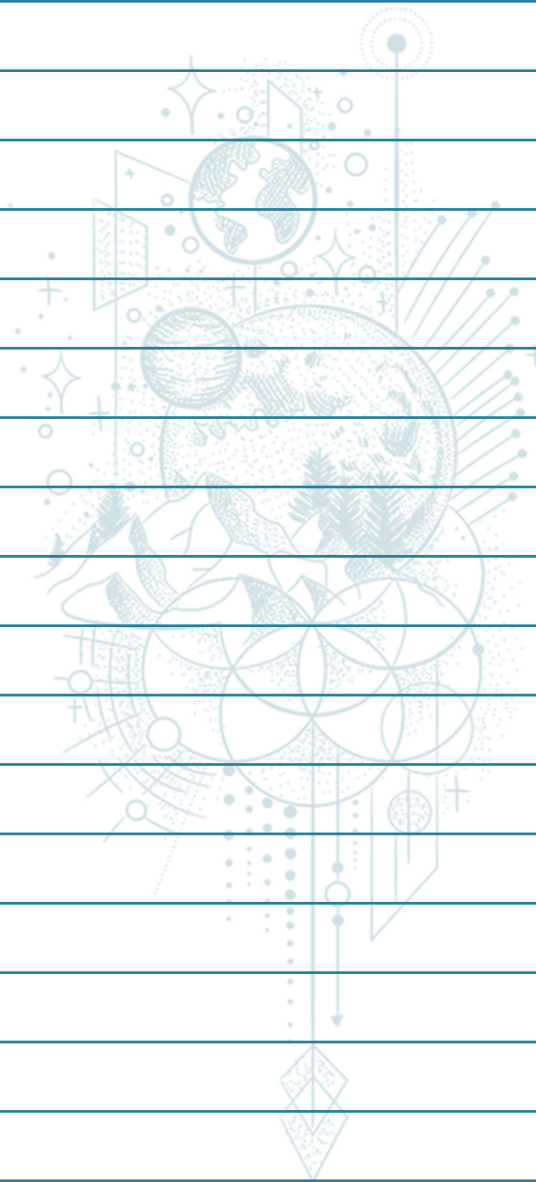
1.

2.

3.



IF YOU HAD A MAGIC WAND THAT COULD GIVE YOU ANYTHING YOU WANT, WHAT WOULD CREATE FOR YOUR LIFE? DESCRIBE IN DETAIL.





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PAUSE NOW FOR 5 MINUTES. CLOSE YOUR EYES AND TAKE THREE DEEP BREATHS TO GET PRESENT. NOW IMAGINE THE VISION YOU HAVE JUST DESCRIBED HAS COME TRUE. BRING ALIVE THE SCENE IN YOUR MIND. WHAT IS LIKE TO HAVE THE LIFE YOU HAVE ENVISIONED!?

WHAT ARE THE FEELINGS YOU ARE EXPERIENCING AS YOU ALLOW THIS REALITY TO COME ALIVE? WHERE DO YOU FEEL THEM? WHAT IS IT LIKE? DESCRIBE YOUR EXPERIENCE HERE:

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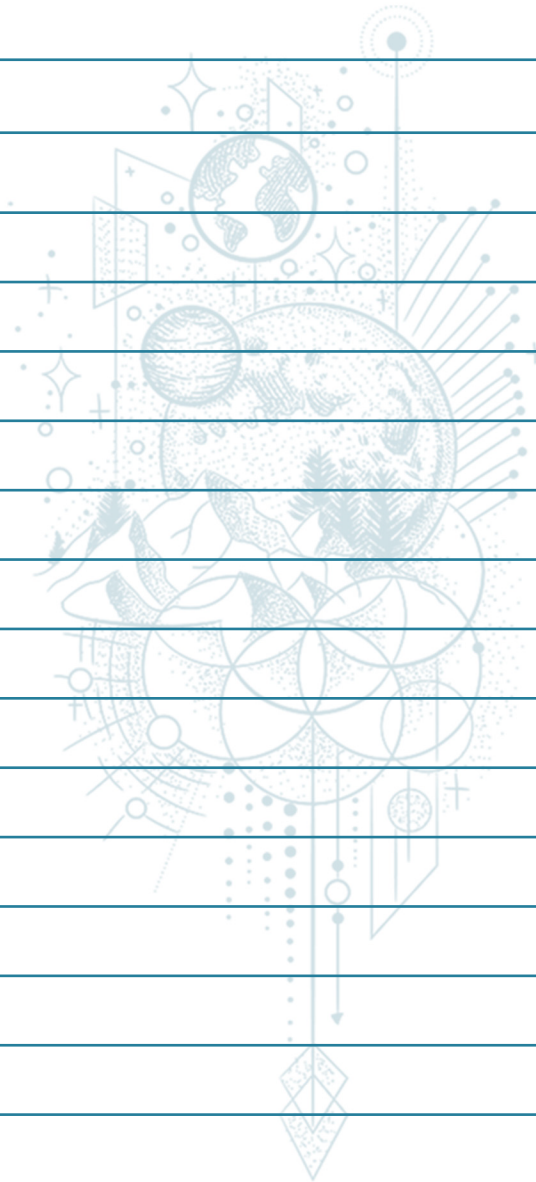
CONSIDER AN IMAGE THAT REPRESENTS THE FULL REALIZATION AND  
EXPRESSION OF YOUR VISION. DRAW HERE, IDEALLY IN COLOR.  
DON'T OVERTHINK THIS, JUST LET FLOW WHATEVER COMES TO YOU.



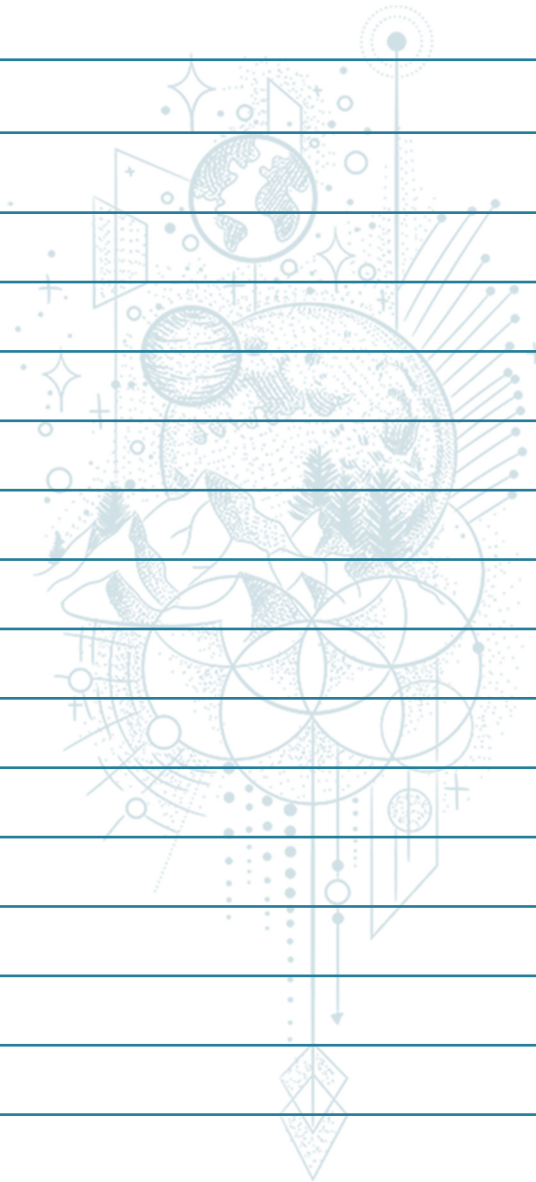
ASSUMING YOU DREAM, RECOUNT A DREAM THAT SEEMS PARTICULARLY CONNECTED TO YOUR SOUL'S CALLING. YOU MAY NOT UNDERSTAND HOW IT CONNECTS; IT'S ENOUGH THAT YOU HAVE A SENSE THAT IT DOES.



## NOTES



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