

Vibrant Life Coaching

with Mindset, Nutrition and Lifestyle Coach Sherri Vieira

How to create a

Vibrant Vision Statement

Step 1: write down all the areas of your life you want to write a Vibrant Vision Statement for. Examples: spirituality, religion, mindset, body (nutrition, movement), relationships (partner, parent, friendship), career/business, education, finances, personal passions/hobbies

Step 2: Create a Vibrant Vision Statement for each area including the following 3 key points

- 1 - write the statement in the present tense, as if you are already living your goal
- 2 - add emotion to our statement. Think about what emotions will be present when this goal is achieved
- 3 - add to the statement why you want to achieve this goal

Examples:

I am so excited to be at my goal weight feeling flexible and strong in my body. It feels amazing to have so much energy to run around with my kids.

I am so grateful to come into work everyday and enjoy what I do. My work is so fulfilling and it feels amazing knowing I am truly making a difference in people's lives.

Step 3: Read your Vibrant Vision Statement regularly. When reading focus in these 2 key points.

1 - visualise. Take the time to see images that represent your statement. Think about all your senses while doing this. What do you see, hear, touch, taste and smell?

2 - feeling. As you are reading each statement, bring up the feelings of having already achieved each goal.

4 Week Challenge

Mark a box below every day you read your Vibrant vision Statement

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1:1 Coaching

Work with me directly to lose weight, gain energy, increase your self love and create your most Vibrant Life.

Reach out to me directly to hear my current offers at
info@myvibrantlifestyle.com

or check out my website for more info at www.myvibrantlifestyle.com

Free Resources

Join our community of like minded women where I share tips and tools and answer your questions all about living your most Vibrant Life

Join here <https://www.facebook.com/groups/vibrantlifeweightloss>

More Support

follow on social media

[facebook.com/myvibrantlifestyle](https://www.facebook.com/myvibrantlifestyle)

 [myvibrantlifestyle](https://www.instagram.com/myvibrantlifestyle)

