



Sacred Depths

COACH CERTIFICATION

Deepening Your Visioning Skills Journal Prompts

Journaling Prompts *(from class)*

On Permission Giving

- How were you given or not given permission as a child to vision for yourself?
- What did you learn or not learn from your parents or authority figures about creating and having a vision?
- On a scale of 1-10, how often do you allow yourself to fully vision into your future and the things you desire?
- On a scale of 1-10, how seriously do you take this process for yourself?
- Why do you or don't you take seriously or do/don't allow yourself to vision?

On Should vs Desire

- Think of a vision or a goal you are working on right now, what's one part of that vision or goal that is based on deep desire?
- Thinking about the same vision and goal, what part is based on a should? Why is this should showing up?
- What's one thing you are doing in your life right now that's based more on someone else's expectation or satisfaction than on your desire?
- How were "should" instilled in you growing up?
- How do you know within yourself the difference between a desire and a should?

On Stretch, Risk or Die

- Which zone do you generally fall into - no stretch, stretch, risk, or die – with goals and visions? And why?
- Where is one place in life or work where you can stretch or risk just a little more?
- When do you know, personally for yourself, that helps you to endure stretches and risks better? It could be a belief or a practice.