



CLARIFYING YOUR  
FRESH LIFE VISION  
VISUALISATION SESSION



MODULE 1 ACTIVITY 18



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## YOU DECIDE THE RESULTS YOU WANT...

Read a question, close your eyes, really try and immerse yourself in the emotions, feelings and visualisations that come from the questions you are asking of yourself..

### **It's Your Fresh Life Vision**

Your Fresh Life Vision is the dream you have of what you want your life to look like, feel like and what your health and wellbeing will be like (for you and for your loved ones).

This is about visualising your dream solution. Your dream life. **Your Best Fresh Life.**

You may find yourself elaborating not just on your health and wellbeing, but in all other areas of life, because living **Your Best Fresh Life** positively enhances EVERYTHING else in your life!

Please remember as you go through this Visualisation Session that YOU are at the heart of all of this. **Your Fresh Life Vision** *needs* to start with you, because without you, everything else you want in life *isn't* possible.

You need to remember to make yourself the centre of your own dreams!!!

Loving, caring and looking after your Self is at the heart of this Program and is the key to creating and experiencing **Your Best Fresh Life.**

This will create that positive domino effect we talked about, for everyone, and in all areas of your life. So make sure you keep this in mind when you are dreaming deeply about the vision of what you want to create in your life....







## Doing Your Visualisation Session.

When I ask you to close your eyes....

I want you to imagine that you are **ALREADY** living your *dream* Fresh Life. Think about how your life will *feel* when you are living it...

What does your life look like? What experiences are you having? What emotions do you feel? How do your loved ones feel? What are you and they experiencing? What quality of life are you experiencing? How has living your ultimate healthiest lifestyle changed your life? What is your health like? How much are you enjoying life? How is your family and loved ones health and wellbeing? How do you feel now that you have reached this goal of living **Your Best Fresh Life**? What else has happened in your life as a result?

This visualisation is here to help you get **REALLY** clear on exactly what you want your life to look like, feel like, be like. How have your thoughts changed? What are you saying, doing and believing about yourself and everything else, in order for your life to be this way?

Write down every little detail, everything. You'll need to take some time in a very quiet place (I would suggest setting aside 10-15min, at a time when you will not experience **ANY** distractions) so you can allow yourself to really **FEEL** how you will feel once you are living **Your Best Fresh Life**.

If you get stuck at any point, re-read the questions (above), and the visualisation prompting questions (below), and close your eyes and really focus to get you thinking in detail. Write everything down. Don't monitor what you write, just write from the heart. You've done the work, you know the answers, now combine that with that beautiful intuition you have, and allow yourself to visualise the life you truly want. Start writing, and don't stop until you feel excited, emotional and energised by the **Fresh Life Vision** you have for your Self...









**Do this:** Close your eyes again. Imagine again that you have risen up out of your body and are now *experiencing* Your Best Fresh Life. How do u feel? What emotions are you experiencing? What feelings and emotions come up? What does your life feel like? How do you feel in general? How do you feel about your health?

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**Do this:** Close your eyes again. Imagine again that you have risen up out of your body and are now *looking through your own eyes* as you live Your Best Fresh Life.

How has your life improved? What's changed? What has living a healthier lifestyle given you? What's different about your life now? What are the things that this lifestyle is helping you achieve in all the areas of your life? What excites you about living your life this way?

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**Do this:** Close your eyes again. Imagine again that you have risen up out of your body and are now *observing* your loved ones as you are living Your Best Fresh Life.

What has changed for your family and loved ones? How is their health, and wellbeing? How has the attitudes towards health and wellbeing of your loved ones changed? What is life like for them now? What has living this way given or allowed your loved ones to do? What are they experiencing? How do they feel? How has their life changed?

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**Optional: Visualise your Fresh Life Mindset once you are living Your Best Fresh Life.**

How has your attitude towards your health and wellbeing changed?

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How has the attitudes towards health and wellbeing of your loved ones changed?

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Do you have any concerns about your health? If yes, what are they?

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How do you feel about these concerns, what thoughts go through your mind when you think about these concerns?

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Do you have any concerns about your family's health? If yes, what are they?

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How do you feel about these concerns, what thoughts go through your mind when you think about these concerns?

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How do you feel when health and wellbeing concerns arise?

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What are your eating habits like?

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What are your family's eating habits like?

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How do your loved ones feel about the way you eat and live?

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What does your loved ones health look like?

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How do you feel about your weight?

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How's your energy levels?

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How do you feel about life in general?

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**Now let's take you and your loved ones, living your best Fresh Life, and take it into the future...**

Remember that visualisation of what you don't want to have happen in your life? Well we are going to do a similar exercise, except we are going to make it a beautiful and positive experience.

Based on you achieving and living Your Best Fresh Life, let's see how this is going to change your future:

Once you read the questions below, close your eyes and visualise your life at this age before you write down your answers - see and feel everything in your mind first, then write...

Now, let's move to 5 years from now.... **What is your age? \_\_\_\_\_**

**Based on you living Your Best Fresh Life, what does your life look 5 years from now? In all the areas of your life, what does your health look, how do you feel, what's bothering you the most right now with your body, your health, your wellbeing? What is your quality of life like, how is your energy, how do you feel mentally, emotionally, physically?**

Don't hold back. Go deep, and write it all down:

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What about 10 years from now... **What is your age? \_\_\_\_\_**

*Once you read the questions below, close your eyes and visualise your life at this age before you write down your answers - see and feel everything in your mind first, then write...*

**Based on what you are doing right now in your life,** what does your life look like 10 years from now, in all the areas of your life, what does your health look, how do you feel, what's bothering you the most right now with your body, your health, your wellbeing? What is your quality of life like, how is your energy, how do you feel mentally, emotionally, physically?

Don't hold back. Go deep, and write it all down:

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Whats going on in your family's life, in all the areas of their lives, 10 years from now? How are they doing? What does your family's health look like, how are they feeling, what are they going through, and experiencing? What's bothering them the most right now with their bodies, their health, their wellbeing? What is your family's quality of life like, how is their energy, how are they doing mentally, emotionally, physically?

Don't hold back. Go deep, and write it all down:

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Optional...And what about 10 more years after that? ...

**What is your age? \_\_\_\_\_**

*Once you read the questions below, close your eyes and visualise your life at this age before you write down your answers - see and feel everything in your mind first, then write...*

**Based on what you are doing right now in your life, what does your life look like 10 years from now, in all the areas of your life, what does your health look, how do you feel, what's bothering you the most right now with your body, your health, your wellbeing? What is your quality of life like, how is your energy, how do you feel mentally, emotionally, physically?**

Don't hold back. Go deep, and write it all down:

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Whats going on in your family’s life, in all the areas of their lives, 10 years from now? How are they doing? What does your family’s health look like, how are they feeling, what are they going through, and experiencing? What’s bothering them the most right now with their bodies, their health, their wellbeing? What is your family’s quality of life like, how is their energy, how are they doing mentally, emotionally, physically?

Don’t hold back. Go deep, and write it all down:

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**PLEASE DO THE REST OF THE EXERCISES BELOW -  
they are important:**

Let's move to the later years of your life... **What is your age?** \_\_\_\_\_

Once you read the questions below, close your eyes and visualise your life at this age before you write down your answers - see and feel everything in your mind first, then write...

**Based on what you are doing right now in your life**, what does your life look like in the later years of your life, in all the areas of your life, what does your health look, how do you feel, what's bothering you the most right now with your body, your health, your wellbeing? What is your quality of life like, how is your energy, how do you feel mentally, emotionally, physically?

Don't hold back. Go deep, and write it all down:

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In the later years of your life, what's going on in your family's life, in all the areas of their lives? How are they doing? What does your family's health look like, how are they feeling, what are they going through, and experiencing? What's bothering them the most right now with their bodies, their health, their wellbeing? What is your family's quality of life like, how is their energy, how are they doing mentally, emotionally, physically?

Don't hold back. Go deep, and write it all down:

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Now, assess how you feel.

How do you feel about what you just visualised, what you just saw, experienced, felt? What insights came through for you during this visualisation? How do you feel about the road ahead, as you move forward on your **Fresh Life Internal Makeover Journey**? Do you believe you can create **Your Best Fresh Life**? Are you excited by **Your Fresh Life Vision**?

Write it all down:

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Now, to create a summary of **Your Fresh Life Vision**, you are going to imagine you are talking to a close friend - someone who you haven't seen for a while, and they have no idea that you are living **Your Best Fresh Life**, and you are so excited to explain to them what your life is like now...

**So paint a picture for them of what your life looks and feels like - go wild!!!**

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CONGRATULATIONS!  
YOU HAVE NOW DISCOVERED, AND CLARIFIED  
YOUR FRESH LIFE VISION.

