

Healing Heart Protocol Online Course
Module V– Wood Element: Birth Your New Life
www.healingdivorce.com



Workshet #2:
The Visioning Process – Birthing your New Life

We'd like to guide you now into an inquiry process about your new life. We highly recommend that you are spending time and put conscious intent into the following areas of your life. Create a vision for how you would your life to be in each of the following domains:

- **Your material life:**
 1. **Finances:**
 - Get clear on your expenses and your income
 - Create a financial budget
 - Put savings for 6 months living expenses away

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- Create a monthly saving plan:
 - for your retirement
 - for children's education
 - for special projects and dreams

2. Housing:

-Based on your financial budget, how much can you spend on housing?

-Where do you want to live?

-How do you want to live?

- **Your career and life purpose**

1. Career:

- Are you fulfilled in your career choice?
- If not, give freedom to brainstorm other career choices. Explore what options you have for a career change. Actions: Get some career counseling, start networking.
- How much money do you need to make?

-How much money do you want to make?

2. Life Purpose:

- What is the overall vision for your life?

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-What is it that brings you the most fulfillment and joy?

-What do you want to be remembered for?

- **Your social life**

1. **Family:**

- What kind of family do you want to create?

- How close do you want to be to your family of origin?

- What can you do to get closer with your parents, siblings, uncle, aunts, cousins?

2. **Friends:**

- What circle of friends do you have?

- What kind of friendships do you want to cultivate?

- Close, loosely connected and so on....!

- How can you cultivate these friendships?

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3. Social Life:

-What social life do you want to create for yourself?
Concerts, communities, yoga, sport, workout, hobbies,
Choir, dancing, art, music.....?

• **Your spiritual life**

1. Church/Spiritual Community:

-Which religious or spiritual calling do you have and where can you find community?

2. Religious or Spiritual Practice:

-Prayer and/or meditation practice or reading or art work

3. Service:

-What kind of service and contribution do you feel drawn to offer?
At a church, a school, homeless shelter, non-for-profits, financial donations and so on.