2023 VISIONING WORKBOOK

MANIFESTING MEANINGFUL CHANGE

silviamordini.com

WELCOME!

Thank you for downloading this Visioning Workbook to support you in investing in yourself. This is an optimal opportunity to Design Your Best Life for 2023.

Before we begin take 5 deep breaths to ground yourself in stillness. Invite the remembrance of your biggest Dreams. Promise not to hold yourself back.

I am delighted to dive into visioning 2023 with you!

"DREAMS ARE SEEDS OF CHANGE. NOTHING EVER GROWS WITHOUT A SEED, AND NOTHING EVER CHANGES WITHOUT A DREAM."

- DEBBY BOONE

TABLE OF CONTENTS

1 Introduction

2 Clarity

3 Choice

4 Commitment

5 Compassion

6 Create Vision

"IF YOU WANT TO CHANGE THE FRUITS, YOU WILL FIRST HAVE TO CHANGE THE ROOTS. IF YOU WANT TO CHANGE THE VISIBLE, YOU MUST FIRST CHANGE THE INVISIBLE."

-T. HARV EKER, SECRETS OF THE MILLIONAIRE MIND

ARE YOU READY TO TAKE YOUR LIFE TO THE NEXT LEVEL?

This 5 part program will help you set intentions for 2023 and beyond. You'll be able to create a vision that is so clear, it feels like it's already happened. This workbook will help you get clarity on what matters most in your life, choose how you want to live, make commitments that align with this vision, and show compassion towards yourself.

Part 1

DECIDE WHAT MATTERS MOST IN YOUR LIFE

SEEK CLARITY

DETERMINE YOUR NON-NEGOTIABLES

"What is a non-negotiable and why do I need one?" you ask...

Well, a non-negotiable is a pretty self-explanatory word, but I want to clarify it just in case you've never heard the term in this context before. A non-negotiable is a thing that you do every single day, without negotiation. It's what matters most.

In this case, it's something you're 100% committed to so you can feel good and be the best version of yourself.

When you create a nonnegotiable you're literally affirming "I intend to do this beneficial thing no matter what because that's how important feeling good is to me."

And THAT is an extremely powerful intention. Especially because these good habits end up having exponential effects on your life not just in the moments you do them, but over time as well.

Ideally, these non-negotiables will be things you do every day, but you could also make some things into weekly non-negotiable, or annually as part of your vision work.

LET'S LOOK AT SOME EXAMPLES

EXAMPLES OF FOOD NON-NEGOTIABLES

- Eating only organic produce.
- Staying 100% GMO free.

EXAMPLES OF SLEEP NON-NEGOTIABLES

- Getting no less than 7 hours of sleep every single night.
- Turning off ALL electronics one hour before bedtime (even your wifi).

EXAMPLES OF EXERCISE NON-NEGOTIABLES

- Going for a 20-minute walk every single day.
- Doing X amount of push-ups or sit-ups every morning.

EXAMPLES OF BREATHING NON-NEGOTIABLES

- Doing breathing exercises every morning upon awakening, before you get out of bed.
- Setting hourly reminders on your phone throughout the day to take three deep breaths.

EXAMPLES OF MEDITATION/MINDFULNESS NON-NEGOTIABLES

- 11 minutes of meditation first thing, every single morning.
- ·5 minutes of meditation after every meal.
- ·10 minutes of meditation every night.

LET'S LOOK AT SOME EXAMPLES

EXAMPLES OF NATURE NON-NEGOTIABLES

- A weekly visit to the park by your house.
- Embrace quiet time

EXAMPLES OF FUN NON-NEGOTIABLES

- Doing that one thing that makes you feel like you're having so much fun that you totally lose track of time at least once a week.

EXAMPLES OF ATTITUDES NON-NEGOTIABLES

- Practice gratitude
- Do things that spread love
- Practice kindness
- Live with passion
- Tell the truth

Now make a list of your non-negotiables

_____

_____

_____

_____

_____

Part 2

CHOOSE HOW YOU WANT TO LIVE, WHERE YOU WANT TO GROW

CHOOSE WISELY

JOURNALING

What do you desire for the year ahead?

My most audacious desire is...

YOU CAN CHOOSE THE BEST POSSIBLE FUTURE FOR YOURSELF.

TAKES ME CLOSER TO WHAT I DESIRE:

Things I Do:

How I treat myself

My daily habits

What I'm feeling

TAKES ME AWAY FROM WHAT I DESIRE:

Things I Do:

How i treat myself

My daily habits

What I'm feeling

DO MORE OF THESE

DO LESS OF THESE

Part 3

MAKE COMMITMENTS THAT ALIGN WITH YOUR VISION

COMMIT TO YOU

MANIFESTING MEANINGFUL CHANGE

Do you wish that your life was more fulfilling and meaningful?

Do you feel like there's something missing in your life but don't know how to find it?

Are you looking for a way to make the changes that will help bring joy, fulfillment, and happiness into your life?

If so then explore where you are now and fully make a commitment to where do want to be in a year.

Let's do that by journaling.

JOURNALING

How do I want to feel in the coming year?

Who do you know that will support how you want to feel? ..

JOURNALING

How can I play bigger in my life story?

What excites me, what scares me about 2022?

JOURNALING

How do I want 2023 to be different?

These key things give me strength and inspiration:

JOURNALING

What will I invent that would give me more choices?

How will 2022 help me manifest my intentions for 2023?

JOURNALING

Write a list of what excites you in 2023.

Do the things on this list support my waking up each day with enthusiasm?

JOURNALING

Write a list of your 2023 Commitments

Example commitment statements:

- I commit to offering compassion to those parts of me that need it
- I commit to being assertive in love
- I commit to trusting my intuition
- I commit to creating more self-care rituals
- I commit to showing my true self
- I commit to receiving compassion

Part 4

SHOW COMPASSION TO YOURSELF AS A REMINDER OF WHY YOU DO WHAT YOU DO

SHOW COMPASSION

Self-Compassion

I am in love with taking care of myself.

I adopt the mindset to praise myself

I fully approve of who I am

I speak to myself with kindness.

I am a priority in my own life.

I give myself breaks from working too hard.

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AFFIRMATIONS

I AM READY
FOR
CHANGE

Part 5

MAKE THE CHANGES THAT WILL BRING JOY, FULFILLMENT, AND HAPPINESS INTO YOUR LIFE

CREATE A VISION

23 THINGS TO FOCUS ON IN 2023

1 get enough sleep

2 eat a healthy diet

3 drink enough water

4 do yoga

5 meditate

6 take breaks from technology

7 learn to say yes mindfully

8 read a great book

9 listen to wonderful music

10 get a massage or healing treatment

11 listen to inspiring podcast

12 go for a walk

13 have lunch outside like in a park or at the beach

14 take a bath

15 go for a bike ride

16 get a massage or treatment that makes you feel special

17 try adult coloring books

18 take a nap

19 watch a favorite movie

20 do nothing, have no plan

21 laugh, laugh, laugh

22 journal for 1 minute every day

23 implement healthy boundaries

JOURNALING

Write your Vision for 2023.

Write 3-5 Intention statements for 2023.
(See pointers next page)

INTENTION SETTING POINTERS

Your Written Intention Statements Should Include:

- Active language
- Needs to be specific.
- Needs to be worded in the present tense.
- Use your own words, keep it real.
- Must be measurable, both quantitatively and qualitatively.
- Must be memorizable
- Needs to be achievable in the next 6-12 months.
- You feel passionate about it
- Focus on the result you are seeking or the attitude, you intend to achieve or both.
- In your heart, you must believe you can achieve your intention.

I OPEN MYSELF TO THE POTENTIAL WITHIN ME. THAT WHICH I NOW DESIRE TO BE MADE MANIFEST IN MY LIFE.

I RECOGNIZE THAT I AM A FORCE FOR GOOD IN THIS WORLD AND THAT IT IS MY NATURAL ENERGY TO CREATE, TO ENHANCE AND TO PROSPER.

I CLAIM ALL OF MY HOPES AND DESIRES, BE MADE REAL.

I CLAIM ABUNDANCE OF ALL GOOD THINGS.

ABOUT SILVIA MORDINI, EDUCATOR, WRITER HAPPINESS ACTIVIST, TRANSFORMATION LEADER

I am a Heart Centered Transformation Mentor and internationally recognized Author and Speaker.

Before becoming a serial Entrepreneur, I worked as a Fortune 500 Senior Executive. I founded and owned Total Body Yoga Studio with over 9,000 students for ten years. In 2009 I founded Alchemy Tours, an International Spiritual Retreat company specializing in Personal Development. Twenty years ago I founded Alchemy of Yoga School accredited by Yoga Alliance.

I believe in magic because my life is a miracle. Some days I can barely believe all that I've recovered from, like getting run over by a car in the United States, the TBI from a life threatening cycling accident in Italy and an awful scooter accident in Indonesia that I walked away from.

I was born in Ecuador. My Father is Italian, my mother is Ecuadorian and my immediate family is from Brazil, Philippines, and Puerto Rico. Because my life is like the United Nations I developed a sense of global citizenship early on.

If you want to know me, then read me. You'll find hundreds of my published writings about lifestyle, spirituality & wellness read by thousands all over the world as seen in Gaia, Mindbodygreen (USA), Mantra Magazine, Elephant Journal (USA), DO YOU (Hong Kong), Good Men Project, Yogi Times, Daily Cup of Yoga, Wanderlust, and am a wellness expert as seen in Psychology Today, HuffPost, Medium and more.

For over 20 years, with more than 13,000 hours of teaching experience through my writings, workshops, online courses, podcast and international retreats and trainings I inspire people to get unstuck from their pain and uplevel their happiness. My life story and radical transcendence serve as a catalyst because **I personally know it's possible to transform your trauma to triumph and transmute your wounds to wisdom.**

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