

# Bringing to Light Your Word of the Year

## Visioning Exercise

### Tips for participants in visioning

- Remain open, receptive, unafraid and listen
- A perfect time to practice non-judgment of yourself and if relevant, others
- Avoid moving to 'how' to do something that appears in the vision
- The vision may appear as color, feeling tone, words, images, or nothing. Everything is valid
- If you receive ideas or images that don't make sense, just note them. You can ask your Higher Self later, "What does this mean?"

### Visioning Questions

We are in a new year! What is my Highest Vision for 2024? What do I want to create? What do I want to experience?

What must I become to empower the vision?

What must be released?

What must be embraced?

Is there any other information that is needed at this moment?



LIVE LIFE

Spiritual Direction

Live the song of your soul

**2 0 2 5**

**MY WORD FOR  
THE YEAR IS**

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L I V E L I F E S P I R I T U A L . C O M