

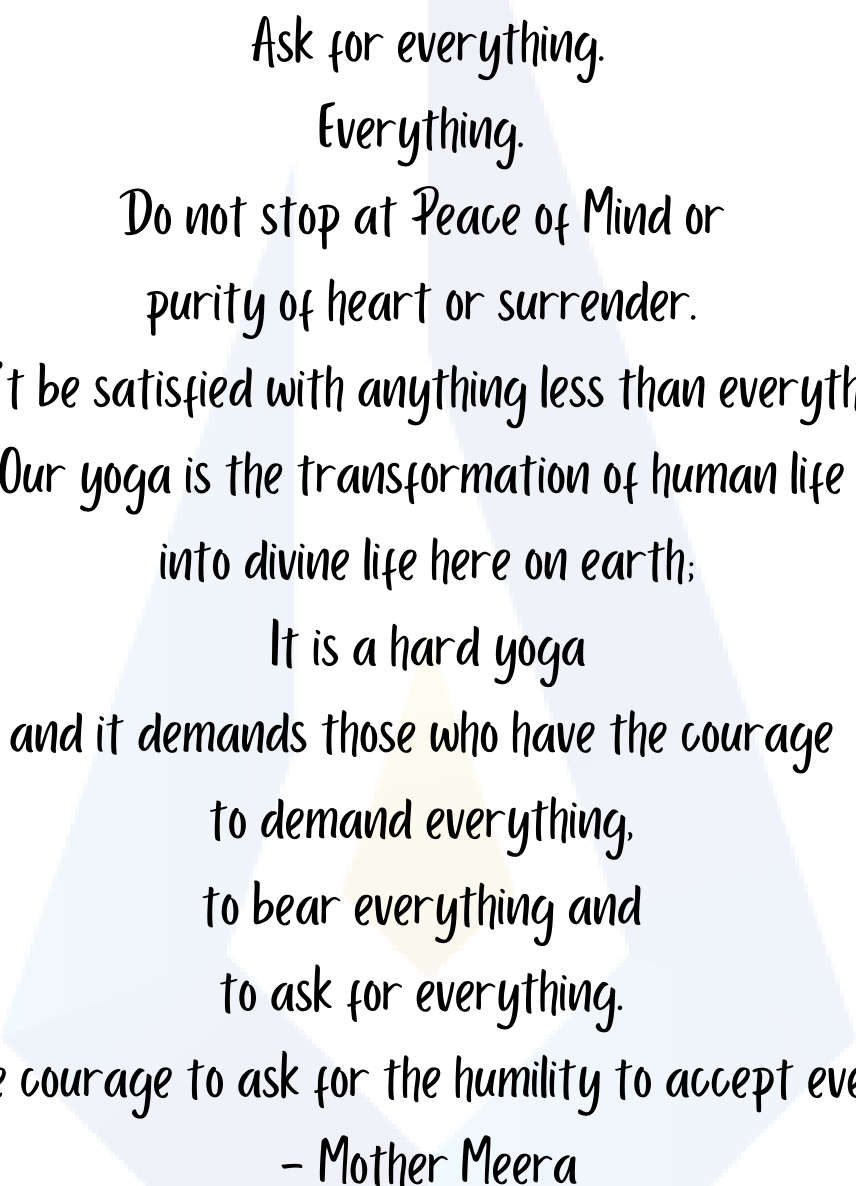


# Ask for Everything

Finding Your Way Forward:

Breaking Free from the Past &

Declaring Your Future



Ask for everything.  
Everything.  
Do not stop at Peace of Mind or  
purity of heart or surrender.  
Don't be satisfied with anything less than everything.  
Our yoga is the transformation of human life  
into divine life here on earth;  
It is a hard yoga  
and it demands those who have the courage  
to demand everything,  
to bear everything and  
to ask for everything.  
Have the courage to ask for the humility to accept everything.  
- Mother Meera



# THE POWER OF ASKING FOR EVERYTHING

In this workbook, you are going to have a chance to ask for all that you want in 8 areas of your life. You are going to let your desires, and your imagination fly. The sky's the limit here.

Yes - this is a really fun exercise but there is an important reason why we do this exercise on our healing journey.

Heartbreak can fixate us on past and present pain, leaving us feeling stuck and lost. We may feel scared about what our future holds. We might even end up longing to return to the past to fix what happened.

We need to break the cycle of feeling lost and stuck. How do we do that?

## **Vision!**

Having a vision of your life that excites, ignites and challenges you - that is worth its weight in gold.

Vision propels us forward. It gives us a clear sense of direction, motivates us to take action and helps us make better decisions. Vision moves us out of the unknown and provides us with structure for our next steps. Let your vision be your lighthouse. Let it guide you to peace and your greatest yet to be.

Friends, let's get you back to you. Let's grab hold of your dreams and desires and declare your vision!



# ASK FOR EVERYTHING

**Finding Your Way Forward:  
Breaking Free from the Past & Declaring Your Future**

*For each life area, ask for what you want. No limits, no self-censoring, no reasons why you can't. This is a great time to explore your desires. Give yourself the grace and freedom to hear the needs of your heart. Be bold with your ask and claim what you want.*

## I WANT

*Example: Life Area - Money*

I want to feel secure about money. I want all of my needs taken care of. I want to have enough to cover all of my bills and then have more to save. I want to have passive income. I want to be financially independent and not have to rely on anyone for my income. I want prosperity and abundance. I want this in my life now.

*Life Area - Career*

*Life Area - Money*



# I WANT

*Life Area - Health*

*Life Area - Family & Friends*

*Life Area - Personal Growth*

**It is time to move yourself forward,  
not in a huge rush, but in gentle  
and meaningful small, graceful  
steps.**



# I WANT

*Life Area - Romance / Significant Other*

*Life Area - Physical Environment*

*Life Area - Fun & Recreation*

**“With grace and ease, I let go of the  
past and welcome in my bright  
future.”**



## WRAP UP

*Congratulations on asking for what you want.  
Answer the following questions to create clarity that you can use to  
create a vision statement and bite-sized action steps.*

*What Aha's did I have as I was asking for what I want? For example, I realized that what I want is attainable. Or, I saw that I am definitely holding myself back.*

1

2

3

*After completing this exercise, I realized that I need to give voice to:*

**I have this to say...**

*What Life Areas are most important to me and why?*

1

2

3



# VISION STATEMENT

*It's time to create your vision statement.  
Take one of the life areas that calls to you right now. Write your  
vision for that area of your life.  
Get specific. Be clear. Claim it!  
(example at the end of the workbook)*





## NEXT STEPS

*Now that you have your vision statement complete, let's do a bit of planning and get into action. Vision is great. Vision + Planning + Action is manifestation!*

*List 3 bite-sized actions you can start this week to create your vision.*

- 1
- 2
- 3

*List the date you would like to have each action completed by.*

- 1
- 2
- 3

*What can you do to hold yourself accountable for completing your action steps?*

- 1
- 2
- 3



# VISION EXAMPLE

This is my vision statement for My Career:

I love being a nurse because it allows me to make a real difference in the lives of my patients and their families. I am passionate about considering all of my patients' needs, including their physical, mental, emotional, and spiritual well-being. I also believe in advocating for my patients and ensuring that they receive the best possible care.

My vision is to be a leader in the nursing profession. I want to use my skills and knowledge to help other nurses develop their skills and provide the best possible care to their patients. I also want to advocate for patients at the policy level and promote excellence in the nursing practice.

I want to get to the next level in my career in the next 6 months. After that, I need to continue up the ladder until I am a Nurse Manager.

I want to be seen as an expert in my field. I might even write a book about nursing and how to be successful in the field. I want to be on talk shows and podcasts talking about the profession and how people can enter the field.

I want to work with an organization that values me and my skills. I want to work for people that champion me and support my desire for career growth. And I want to be paid very well for what I do. I want to be appreciated and rewarded for all that I give and do.

I am so grateful to be working in this field.