



# Set Your Vision

*7-Day Workshop*



SET YOUR VISION

## Your Guide to Welcoming the New Year with Renewed Possibility

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This new year is the time to thrive by clearing out the past and setting powerful intentions for a happy, healthy, and harmonious new year.

Follow along each day on the Chopra App as our Chief Meditation Officer, Roger Gabriel, shares inspiration and meditations to manifest the life of your dreams. Then pull out this workbook (we recommend you print a copy), grab a pen, and complete the daily journal prompts and exercises designed to deepen your experience and empower you to take control of your health and well-being.

Before you jump in, think of a few loved ones you would like to share this experience with and invite them to join you in this 7-Day Workshop.

*Say hello to an  
abundant new year!*

## Acknowledge the Past

It's time to clear out the old and create space for the new. Pent up stress and emotions from our past can become locked in our psychology if we don't release them. Try this exercise to free the flow of energy so that you can start the New Year with a clean slate.



### EXERCISE

#### Freewriting

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Use the pages at the end of this workbook to write down everything you feel about the past year and all of the things you want to release. Set a timer for 5-15 minutes and pour everything out onto the page, writing stream-of-consciousness. A prompt to get you started:

*At the end of this year,  
I want to release...*

Don't worry about spelling or punctuation or structure, just write whatever comes to mind. When you've finished do not re-read it. Tear up the pages on your own or connect with loved ones for a special ceremony (continue to the next page for more details).

## Acknowledge the past



COMMUNITY

### Release Ceremony

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Now that you have your pages, organize a Release Ceremony with friends. Have everyone set up a sacred space with candles, crystals, and anything important to them.

Each individual takes turns sharing one thing that you will be letting go of in the new year. Then each person will tear up their pages and/or safely burn them to create space for the new.

Once you're finished, we suggest cleansing your space with sage or incense to reset the energy for the New Year.

Cheer each other on  
and celebrate a new year.

## Forgiveness to Gratitude

Now that you have practiced forgiveness, let's step into a space of gratitude and reflect on the special moments in your life this year. You can start with big milestones and accomplished goals. But then look deeper. What were those magic moments really made of?



### EXERCISE

## Gratitude Practice

Sit quietly and reflect on the following questions to realize the moments of beauty in your life and the circumstances and people that have contributed to a meaningful year.

**1. What is the funniest experience you have had this year?**

**One where you laughed the loudest? Who did you share it with?**

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**2. What has made your mouth drop in awe and wonder this year?**

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**3. Who has made you smile the most this year?**

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## Forgiveness to Gratitude

**4. What is an annoying experience you had this year that is now a great memory?**

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**6. What has made you jump for joy this year? (on the inside or literally)**

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**7. What was the most beautiful thing you have seen this year?**

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**8. When was your proudest moment this year?**

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# Forgiveness to Gratitude



## COMMUNITY

### Gratitude Letter

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One of the most powerful practices in positive psychology is the gratitude letter. For this exercise, write a letter thanking someone to whom you have never fully expressed your gratitude for. It could be a teacher, friend, coworker, or anyone else you want to thank.

Studies have shown that writing and delivering gratitude letters increases happiness significantly for both the person writing the letters and those receiving them!

Spend 15 minutes writing a gratitude letter to someone you appreciate. Here are some ideas to get you started:

- 1. How have they helped to make me who I am today?*
- 2. What traits of theirs do I love and admire?*
- 3. In what ways have they supported me on my path?*
- 4. What do I appreciate most about them?*

# The New Year

Wherever you place your attention, your energy goes.

When you add intention to attention, you give your energy a direction. [Read that again]  
Intentions are effortless and have no attachment to the outcome. This allows for the energy of the Universe to organize everything in the best way possible. Try this exercise to uncover your true desires and establish powerful intentions.



## EXERCISE

### Wheel of Life

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You can assess your total well-being with the Wheel of Life. Each spoke of the wheel represents a separate component of health—as with all wheels, if one spoke is out of alignment, the wheel cannot work properly. Complete this exercise to help you develop a sharper awareness of your current state of well-being.

#### Step 1

Using the next page, give yourself a score of each aspect of your life on a scale of 1-10, with 10 being "amazing!". Be as honest as possible. Your answers will give you an indication of where imbalances exist and where energy may need to be placed in order to restore harmony.

## Key Aspects of Life:

### **Family + Friends**

Developing and maintaining strong relationships with others

### **Finances**

Feeling free to give and receive in abundance

### **Physical Environment**

Feeding the senses with nourishing stimuli

### **Health**

Nutrition, exercise, habits and routines

### **Fun + Recreation**

Your commitment to play and creativity

### **Career**

Engaging in work that you find meaningful

### **Spiritual + Personal Growth**

Building a strong connection with oneself - body, mind, spirit

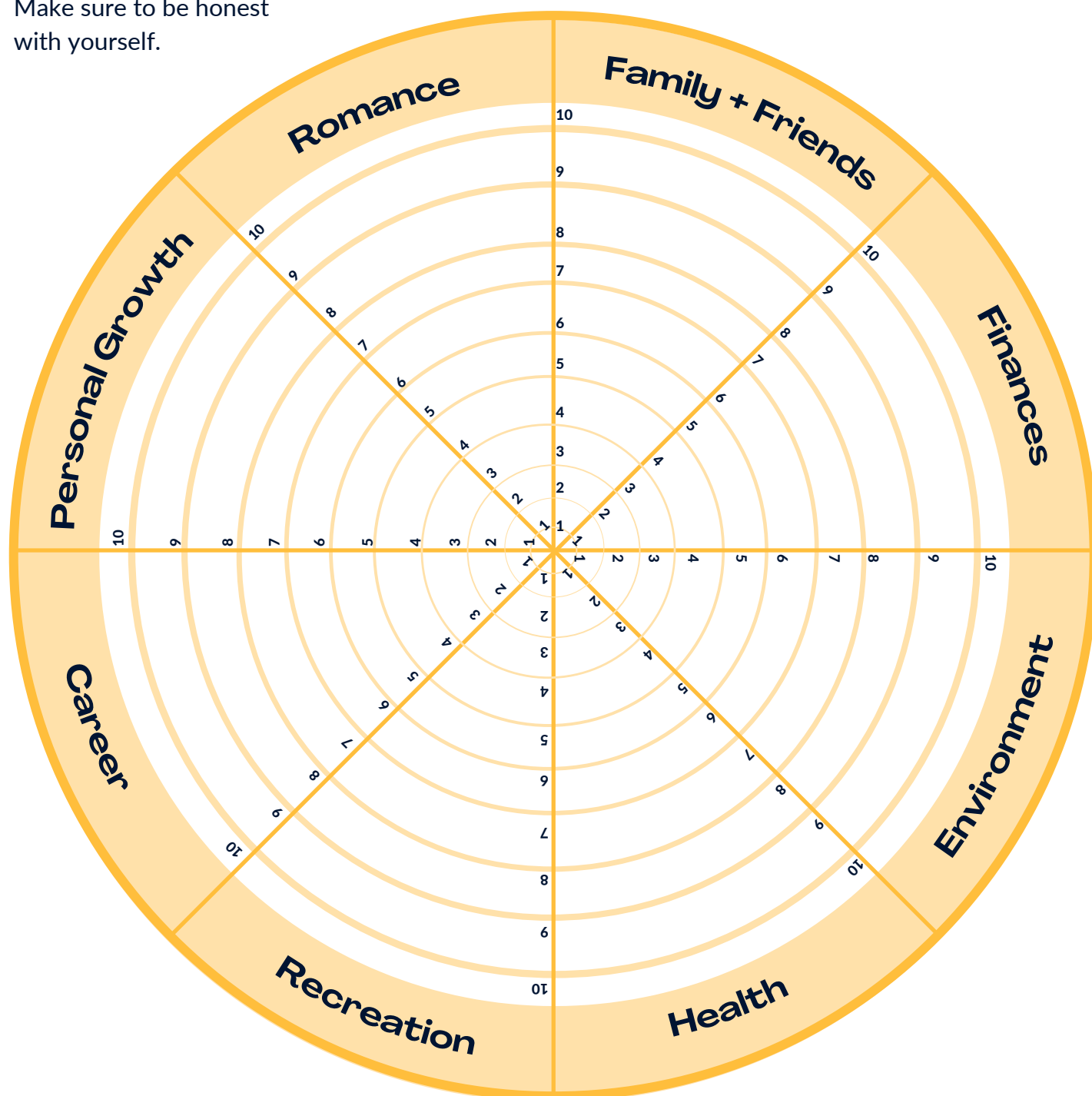
### **Romance**

Partnership and passion

DAY 3

# The New Year

Color in each slice of the wheel up to where it falls on the rating scale. Make sure to be honest with yourself.



## Step 2

Reflect on your answers taking into consideration the following rating scale:

**1 - 3**

*Suffering*

**4 - 6**

*Surviving*

**7 - 10**

*Thriving*

List the areas that you rated 6 and below and write down the desires you have to improve each of them. Think about what actions you would need to take to be at a 10.

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BEFORE YOU MEDITATE OR GO TO SLEEP:

**Read these desires and then  
let them go to the universe.**



## COMMUNITY

**Celebrate What You Have**

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Invite trusted family or friends to complete their life assessment too, then connect with each other and discuss your desires, opportunities for growth, and areas where you are thriving. Here are a few discussion prompts to get you started:

*What surprised you or stood out to you about your life wheel?*

*What are your self-limiting beliefs about reaching a 10 in each aspect of your life?*

*Did you see any trends in mind, body, and spirit?  
Which of these areas need the most attention?*

In the coming days you will make an action plan on how you will work towards your goals in the coming year and identify an accountability partner to support you in your resolutions for mind, body, and spirit. Think about the life aspects that you associate with each of these three domains to use as inspiration.

## Nourish Your Body

The most important thing you can do is learn to listen to your body and follow its messages. Pain and discomfort are signs that your body needs help, so trust your gut instinct and let it guide the way. Appreciate your body and all that it does to support you each and every day.



### EXERCISE

#### Resolutions for a Healthy Body

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Take a moment to reflect:

##### 1. How can I love my body?

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##### 2. How can I consciously move my body? Is there a type of conscious movement I can commit to this year?

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##### 3. How can I practice good nutrition?

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##### 4. How can I get good rest and sleep?

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##### 5. How can I ground myself?

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## Nourish Your Body



Now that you've had a chance to reflect, what are your resolutions for a healthy body?

My resolution  
for a healthy  
body is....

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My affirmation for  
this resolution is...

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Need Inspo?

Try these  
affirmations:

*My body knows how  
to heal itself.*

*My body tells me  
what it needs.*

*My body is attuned to  
the wisdom of the  
universe.*

*Every part of my body  
carries out its tasks  
easily and naturally.*

## Nourish Your Body



### COMMUNITY

#### Accountability Partner: Healthy Body

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Identify someone to support you in maintaining your body resolutions. Come up with a plan together of how and when you will check in and what ways you can support one another.

*My accountability partner for a healthy body is:*

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*Our check-in plan includes...*

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## Nourish Your Mind

Your mind is the essential tool for restoring balance and stability but it can also create chaos. The key is to turn inward and spend time in the space between our thoughts—the silence that holds infinite possibilities. This leads to increased mindful awareness and the ability to recognize triggers for negative and positive emotions so that you can maximize the things that bring you joy.



### EXERCISE

#### Resolutions for a Healthy Mind

Take a moment to reflect on the following questions to inspire resolutions for a healthy mind.

These things always bring me contentment and joy...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

How can I maximize these in my life?

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These things always bring me discomfort or pain...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

How can I minimize these in my life?

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## Nourish Your Mind



Now that you've had a chance to reflect, what are your resolutions for a healthy mind?

My resolution  
for a healthy  
mind is....

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My affirmation for  
this resolution is...

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Need Inspo?

Try these  
affirmations:

*I attract abundance  
and prosperity in all  
forms.*

*Success effortlessly  
flows into my life.*

*I am compassionate  
and forgiving; I  
release all beliefs that  
prevent me from  
expressing my  
highest self.*

## Nourish Your Mind



### COMMUNITY

#### Accountability Partner: Healthy Mind

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Identify someone to support you in maintaining your mind resolutions. Come up with a plan together of how and when you will check in and what ways you can support one another.

*My accountability partner for a healthy mind is:*

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*Our check-in plan includes...*

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## Nourish Your Spirit

Spirit is our non-local essence that permeates every aspect of our life. The key to a happy, healthy, harmonious life is recognizing and embracing it in everything. When we align with Spirit, we align with the power that manifests the Universe and tune into the calling of our life's true purpose, or dharma.



### EXERCISE

#### Resolutions for a Healthy Spirit

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**1. Make a list of all the things you really enjoy doing.**

**What are you the most passionate about, what makes you come alive?**

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**2. Make a list of all the things you're really good at.**

**What are your unique talents and special gifts?**

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## Nourish Your Spirit

**3. How can you serve yourself and others using these talents and gifts?**

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**4. What does a regular spiritual practice look like for you?**

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**5. What benefits does this spiritual practice bring?**

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**6. When you follow your passions, you move towards your purpose.**

**What is holding you back from pursuing your passions?**

**How can you overcome those barriers?**

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## Nourish Your Spirit



Now that you've had a chance to reflect, what are your resolutions for a healthy spirit?

My resolution  
for a healthy  
spirit is....

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My affirmation for  
this resolution is...

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Need Inspo?

Try meditating  
on the four  
soul questions:

*Who am I?*

*What do I want?*

*What am I  
grateful for?*

*What is my dharma  
or purpose in life?*

## Nourish Your Spirit



### COMMUNITY

#### Accountability Partner: Healthy Spirit

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Identify someone to support you in maintaining your spirit resolutions. Come up with a plan together of how and when you will check in and what ways you can support one another.

*My accountability partner for a healthy spirit is:*

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*Our check-in plan includes...*

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## Activate New Year Intentions

Staying focused on our intentions and taking care of our health and well-being is essential if we wish to transform our lives and ultimately the world. Now that you have the tools and your resolutions in place, it's time to bring your vision for this year to life, and what better way to kick that off than with a vision board.



### EXERCISE

#### Vision Board

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Creating a vision board is a fun and powerful way to say “Yes, please!” to the abundance you would like to receive (and deserve!) in your life. It is a tangible representation of the vision you have for yourself. You can make one by hand or digitally. What matters is that you manually create it (no one else can do it for you), and that it excites you when you see it.

Having this visualization of your resolutions accessible throughout the year will go a long way in manifesting them.

In other words: the more you surround yourself and your mind with the things you want to experience, the more you'll actually get to experience those things in your life.

*Energy goes where  
attention flows.*

# Activate New Year Intentions

## Step 1

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Flip through magazines and cut out images and words that call to you. You might have a theme in mind to help you manifest what you desire this year, or you may follow what catches your attention and simply notice what emerges from your heartfelt desires—follow the route that resonates with you best.

## Step 3

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Gather your supplies such as bulletin board, poster board, scissors, and glue or tape to start creating your vision board. If you would rather create a digital vision board, Pinterest or other forms of social media can be a great way to collect and display images.

## Step 2

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Remember that it's crucial for everything that appears on your vision board to be representative of what you DO WANT, not anything you do not. For this reason, it can be even more helpful and specific to use your old friend Google to pull up the exact image or word you want to see.

## Step 4

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Once you've made your vision board, it's important to hang it in view. It should appear in a place where you will encounter it every day in order for it to remind you of your goals and to be a source of motivation to keep working towards, and ultimately, accomplish them. Trust that the Universe will provide you with the opportunities to manifest each and everything you truly desire.

## Activate New Year Intentions



### COMMUNITY

#### Vision Board Celebration

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A vision board party is a fun way to welcome the new year with clear intentions. Do this activity with friends to elevate the experience and share your visions for the future using these discussion questions as a starting off point!

*Is there a theme that you noticed on your vision board?*

*Do you notice any similarities with your vision boards?*

*Discuss one of your intentions and an action step you can take to move towards it.*



SET YOUR VISION

## Congratulations!

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You have completed the 7-Day Workshop and are one step closer to manifesting a happy, healthy, and abundant new year. We're here to support you along the way on the Chopra Meditation & Well-being App, filled with meditations and self-care practices personalized for you.

*Cheers to a happy, healthy,  
and abundant year!*