



Message and Mission Action Guide

Use this worksheet to capture any messages that come through your meditation.

What vision did you see for yourself 1 year from today? What positive emotion can you attach to that vision?
This is the vibration you always want to be striving for.

What is the next step you need to take to make this vision a reality?

When reflecting on the book, what was the title of the book? What was the topic? What did you feel?
How is this book title linked to your passion? How can you take action on that?

What is the advice you would give to your past self? When you reflect on your journey, what are you most grateful for?

Is there anything else you would like to note about your meditation experience?