

Let's Thrive in '25!



Creating
Your Year:
VISIONING WORKSHOP

DR. JUDITH WRIGHT

Live 
WRIGHT
WITH *Judith*

My Relationship with Myself

My Relationships with Others

My Work

If...Then...

If

then

If

then

If

then

If

then

If

then

If

then

The “So That” Test

My Goal or New Year’s Resolution:

I want this goal so that:

I want

so that

I want

so that

I want

so that

I want

so that

I want

so that

I want

so that

I want

so that

Quiz

When attempting to change an important aspect of my life, I tend to....

(Check the five you are most likely to do)

1. Make a step-by-step plan
2. Motivate myself by focusing on someone that I admire for achieving so much (e.g., a celebrity role model or great leader)
3. Tell other people about my goal
4. Think about the bad things that will happen if I don't achieve my goal
5. Think about the good things that will happen if I do achieve my goal
6. Try to suppress unhelpful thoughts (e.g., avoid thinking about eating unhealthy food or smoking)
7. Reward myself for making progress toward my goal
8. Rely on willpower
9. Record my progress (e.g. in a journal or on a chart)
10. Fantasize about how great my life will be when I achieve my goal

Universal Yearnings

I yearn...

To be secure

- To exist
- To be safe, to be secure
- To connect, to bond
- To trust

To love & care for, respond to others

- To care for
- To nurture
- To love

To relate, see and be seen, know and be known, and to connect

- To be seen, heard, known, understood
- To see, hear, & know others
- To touch and be touched
- To feel "felt"
- To empathize

To have our existence appreciated

- To love and be loved
- To be affirmed, appreciated
- To be cared for
- To be respected

To express our essence, sense of self, potential

- To express
- To experience fully
- To learn, grow, develop
- To create
- To be separate, have an identity
- To influence
- To excel
- To fulfill my potential

To have a sense of mattering

- To matter
- To be valued and to value
- To contribute
- To do what I came here on earth to do
- To make a difference
- To please God
- To fulfill my purpose
- To unfold my destiny

To exchange and be connected with others

- To belong
- To connect
- To matter
- To be close
- To communicate with others
- To commune with others
- To make deep contact with another
- To be intimate

To connect to something greater

- To be connected to something greater than myself
- To feel connected to the greater whole
- To be one with all
- To know God or the creator
- For union with all that is

My Vision for My Relationship with Body



NEXT STEPS 

My Vision for My Relationships with Myself



NEXT STEPS 

My Vision for My Relationships with Family



NEXT STEPS 

My Vision for My Relationships with Others



NEXT STEPS 

My Vision for My Relationships with Work & Play



NEXT STEPS 



My Vision for My Relationships with Principles & Society



NEXT STEPS 

My Vision for My Relationships with Higher Power, Spirituality or Life Purpose



NEXT STEPS 

My Overall Vision

NEXT STEPS



Let's Connect!



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