



Visioning

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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

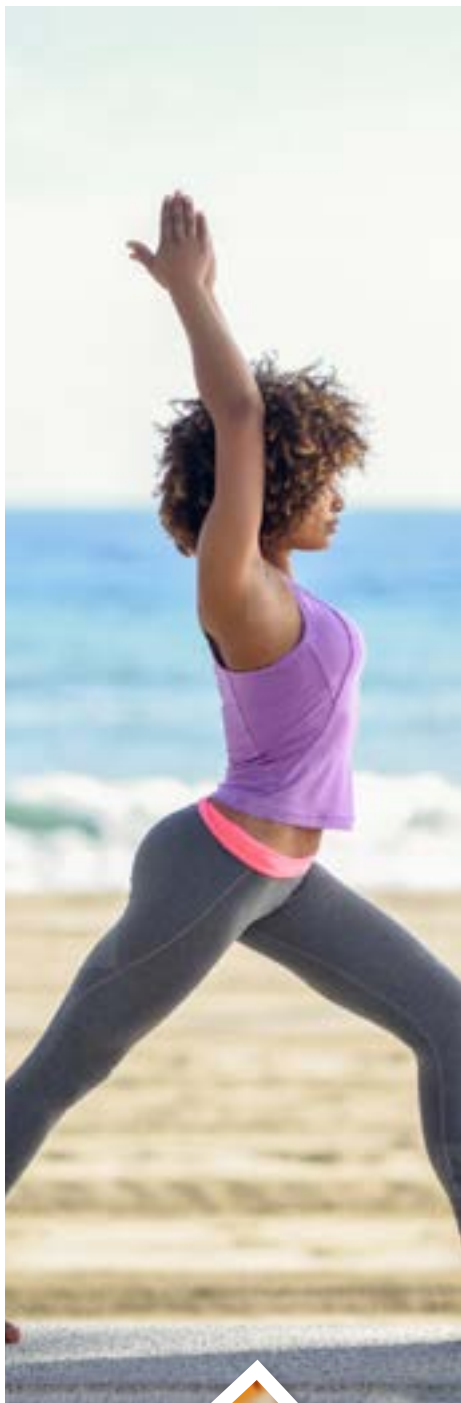
- To belong
- To connect
- To matter
- To be close
- To communicate with others
- To commune with others
- To make deep contact with another
- To be intimate

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

Visioning

My Vision for My Relationship with Body



Next Steps:



Visioning

My Vision for My Relationship with Myself



Next Steps:

Visioning

My Vision for My Relationship with Family



Next Steps:

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My Vision for My Relationship with Others

Next Steps:

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My Vision for My Relationship with Work & Play



Next Steps:

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My Vision for My Relationship with Principles & Society



Next Steps:

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



Next Steps:

Visioning

My Overall Vision

Next Steps: