



**Journaling Guide Week #6 Video:  
Explore Your Desires; Make Room for Your Vision**

1. Describe a dream or heart's desire that you've attempted to create, and then let go of (perhaps many times). This is the one that keeps coming back to you, even when you dismiss it as not possible. What is that experience that you so desire?
2. How do you imagine your life would be different if this came in to full manifestation for you?
3. What limiting beliefs do you suspect you may be carrying subconsciously that are in the way of you manifesting this for yourself? (Hints: Self-talk may sound like, "I'll get to it later..." Or, "Too bad, that one is just not meant for me.")
4. What is the heart's desire that you are focused on for this course right now?
5. Is there any similarity between your current desire and the one from question #1?