





## VISION ARTS

LIVE YOUR PASSION

### WELCOME

We have created a VisiOM Arts journal to help you embody YOUR visionary artist. On this beginner's guide, we focus on bringing awareness to YOUR unique dreams and talents.

Our vision is to create an action guide to bring you closer to your vision.

We begin by asking you to claim your dream by recognizing it first.

Where is this dream coming from?

We then recognize our fears and heal them to gain clarity.

If you are worried about your lack of inspiration, how you will achieve your oh so big dreams!

Or, if you are filled with doubt,

we assure you that this exercise will be leaving you feeling more confident.

This small exercise will allow you to drop into your own blissful vision with more trust!

We love this quote by Arthur Ward:

"If you can imagine it, you can achieve it. If you can dream it, you can become it."

We encourage you to live and embody your dreams, stories, and emotions.

We invite you to drop into visual creation with a set of actions to keep building your ideal life.

This is the root of your practice.

In this guide we offer you the opportunity to go deep within your own visionary creation.

It is important to recognize that this is done as an intuitive practice.

It is, like altar making, a calling of the soul to manifest itself.

You are invited to journal your new emotions, realizations, and shifts from this practice.

Peru Flow encourages you to follow your gut,  
to become an active participant of the sacred,  
and to bring your best vibes into it.

# My deepest dream is to \_\_\_\_\_

## Day 1

Why do you feel this dream is FOR YOU? Note: What benefits will this bring for you and others?

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## Day 2

Have you ever felt that this is unattainable. Why? Write your fears of this dream coming true.

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## Day 3

On a separate page, write a letter to your fear. What has it taught you over these years? Say thank you and let go.

## Day 4

Write at least 3 actions you can take this coming week or season in order to transition towards your ideal life. Make an action plan.

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### Day 5

Find a support system. Find a friend or family member who can hold you accountable in your change.

### Day 6

Get a journal and write down your progress every day. Practice gratitude.

### Day 7

Make a Vision Board.

Get some paper and some magazines and cut out and paste images that reflect your dream coming true.

### Day 8

Develop an affirmation to keep you focused.

Example: I am making my dreams come true every day.