

DATE

# 2025 VISION PLAN

When we write things down, we are consciously & subconsciously creating a roadmap for our future selves. Write down your goals & desires for the upcoming year. Be as specific as possible for each area of your life. Use this time to plant seeds, to talk to your future self & trust that the Universe will conspire to make room for your manifestations.

PHYSICAL

WORD FOR THE YEAR

SPIRITUAL/CREATIVE

INTENTION

PROFESSIONAL

EMOTIONAL/PSYCHOLOGICAL

SOCIAL/ACTIVISM

FINANCIAL

PERSONAL/HOME

# 2025 Vision Plan Instructions

## Word of the Year

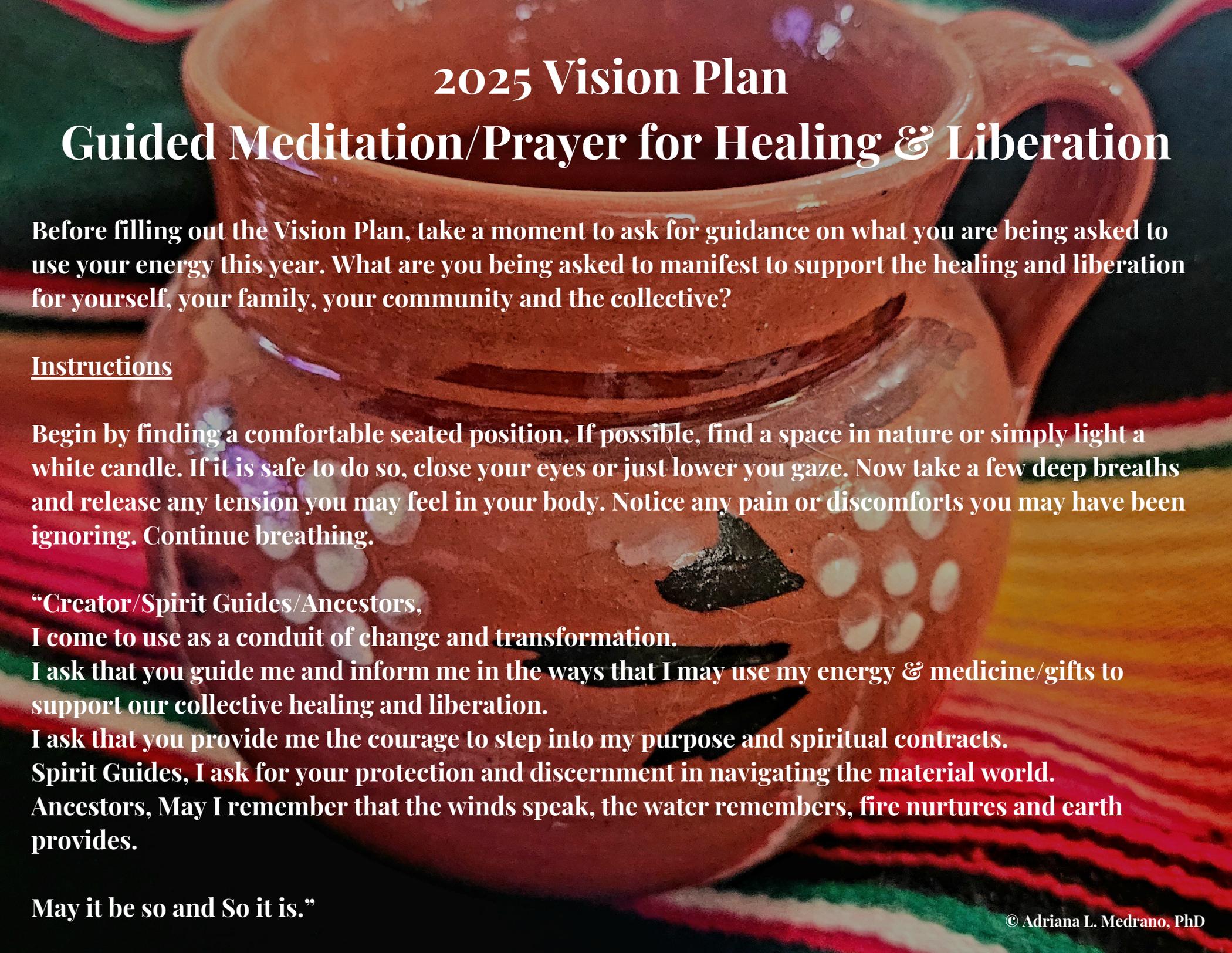
What word comes to mind when you think of 2025? What word best describes how you want to experience/feel during the next 365 days?

## Intention

A statement of commitment and hope. I will/May I strive to..., I will/May I honor..., I will/May I embrace..., I will/May I let go of..., I will/May I remember..., I will/May I look forward to... , etc.

## Areas of Life

- Physical- body, health, food, exercise, sports, self-defense/protection, etc.
- Professional- career, education, workshops, trainings, entrepreneurship, mentors, etc.
- Social/Activism- family, friendships, books to read, self-love, hobbies, interests, community care/mutual aid, etc.
- Spiritual/Creative- reconnect with mother nature, seek elder/maestrxs guidance, prayer, ritual/ceremonies, arts, cooking, gardening, writing, music, etc.
- Emotional/Psychological- relationships, work environment, community, therapy, books, podcasts, meditation, journaling, self-care, rest, etc.
- Home- personal space, cleaning, organizing, decluttering, decorating, rearranging, energy cleansing/protection, etc.
- Financial- saving goals, budgeting, workshops, building generational wealth, mutual aid, bartering, support small business, anti-capitalistic practices, etc.



# 2025 Vision Plan

## Guided Meditation/Prayer for Healing & Liberation

**Before filling out the Vision Plan, take a moment to ask for guidance on what you are being asked to use your energy this year. What are you being asked to manifest to support the healing and liberation for yourself, your family, your community and the collective?**

### Instructions

**Begin by finding a comfortable seated position. If possible, find a space in nature or simply light a white candle. If it is safe to do so, close your eyes or just lower your gaze. Now take a few deep breaths and release any tension you may feel in your body. Notice any pain or discomforts you may have been ignoring. Continue breathing.**

**“Creator/Spirit Guides/Ancestors,**

**I come to use as a conduit of change and transformation.**

**I ask that you guide me and inform me in the ways that I may use my energy & medicine/gifts to support our collective healing and liberation.**

**I ask that you provide me the courage to step into my purpose and spiritual contracts.**

**Spirit Guides, I ask for your protection and discernment in navigating the material world.**

**Ancestors, May I remember that the winds speak, the water remembers, fire nurtures and earth provides.**

**May it be so and So it is.”**

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DATE  
01/01/2025

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## PHYSICAL

- Breathwork 3x/week
- Yoga/stretch 5x/week
- Cook at home 2x/week

## WORD FOR THE YEAR

**Authenticity**

## SPIRITUAL/CREATIVE

- Meditation/Prayer 3x/week
- Speak/listen to nature
- Sign up for pottery classes.

## INTENTION

May I honor my authenticity and nurture relationships that support my truest self.

## PROFESSIONAL

- Apply to College/Grad School
- Update Resume/Linked In Profile
- Seek a mentor

## EMOTIONAL/PSYCHOLOGICAL

- Create a morning/evening routine
- Ask for/be open to receiving help
- Seek therapy/healing

## SOCIAL/ACTIVISM

- Support Mutual Aid in my community
- Train to be a street medic or legal observer.

## FINANCIAL

- Set up automatic savings plan/goal
- Barter services/goods

## PERSONAL/HOME

- Buy a plant
- Declutter by 25%
- Energy cleansing 1x/week