

FULFILLING WORK VISION



VISUALIZATION &
WORKSHEET

LENORE KANTOR

YOUR FULFILLING WORK VISION

This visualization has been designed to support you in gaining more clarity around how to create an ideal life through fulfilling work that is aligned with your values and desired impact in the world. You can use this process as a companion resource to ***SO, WHAT DO YOU DO? The Authentic Alchemy Path to Find Who You Are***, the transformational guidebook by Lenore Kantor to support you in finding professional fulfillment through personal growth.

It can also be used at any time you are seeking to reconnect with what matters in your life to guide you to more clarity and alignment. Use it to support your journey to greater wholeness, connection to your purpose and more meaning in the world.

WHAT'S POSSIBLE FOR YOU?

Meditations and visualizations can be powerful gateways to help you imagine new possibilities that may not always be available in our ordinary experience. By getting into a relaxed state of openness, you are creating space to allow new opportunities to emerge and come into your conscious awareness.

I hope you uncover that you have many options available to you for how you can live your life and what might bring you more joy within your work. Being in a relaxed and open state is an important way to take a pause and time out from the ongoing stress and busy-ness of our typical lives.

So, I encourage you to set aside thirty minutes for this exercise. Dedicate this private time for reflection by finding a quiet space where you can listen to the recorded visualization, then capture your realizations.

I would love to hear if any new ideas emerge for you. Please follow me on Instagram @lenorekantor and share your insights by tagging #authenticalchemy. I would like to acknowledge your progress and celebrate your increasing awareness!

PULLING IT ALL TOGETHER

Use this exercise to transform your thinking about your life and work. I hope that new insights emerge that you can weave into your purpose and actions going forward. Regularly reinforce what you have envisioned to remind yourself of your desired future life and work.

For even more support with exercises, personal practices and rituals, check out Lenore's book: ***SO, WHAT DO YOU DO? The Authentic Alchemy Path to Find Who You Are***, at www.growthwarrior.co/book or purchase it directly through Amazon (available in print and digital formats).

FULFILLING LIFE – VISION REFLECTIONS

TAKE-AWAYS: Capture your observations. What did you notice and want to remember?

EMOTIONS: I want to feel....

DESIRES: I would like to....

THOUGHTS: I was surprised that...

FULFILLING LIFE – VISION REFLECTIONS

IMAGES: Draw or capture any visuals that came to you

NEEDS: It seems important for me to...

IDEAS: These reflections give me some new possibilities. I could..... I might want to....

REFRAME: How might you approach things from a place of possibility? What if I.....?

ACTIONS: What step(s) can I take to connect with what I discovered?

ABOUT LENORE



Lenore Kantor is a transformational coach, author, mentor, career advisor and inspirational speaker who guides smart high-achievers to greater personal growth, professional fulfillment and higher income by overcoming their blocks to creating soul-aligned work. She wrote *So, What Do You Do? The Authentic Alchemy Path to Find Who You Are*, an unconventional guidebook to finding fulfilling work to share her eight-step framework for conscious leaders to discover their work in the world. Lenore's holistic multidisciplinary approach evolved over 30+ years as a former corporate marketing executive, soulpreneur and founder of Growth Warrior. She combines empathy with no BS, business strategy, marketing and product launch expertise with intuitive insight and multiple healing modalities. Lenore has been a strategic advisor and outsourced CMO to high-growth businesses, mentored founders across multiple startup accelerators, and is a Capstone and Career Advisor to Bard's MBA in Sustainability and part of Columbia's Career Coaching Network.

MORE RESOURCES

- Sign up for Lenore's e-newsletter to receive ongoing inspiration and insights on fulfilling work here: <https://bit.ly/GrowthWarriornews>
- Learn more about *So, What Do You Do? The Authentic Alchemy Path to Find Who You Are* here: www.growthwarrior.co/book
- Follow Lenore on LinkedIn (<https://www.linkedin.com/in/lenorekantor/>), Instagram (<https://www.instagram.com/lenorekantor/>), or Facebook (<https://www.facebook.com/growthcoach/>)
- To go even deeper and be guided through the Authentic Alchemy Path, learn more about how private transformational coaching with Lenore can support your personal growth and professional fulfillment by scheduling a complimentary Discovery Call here:

<https://calendly.com/growthwarrior/discover>