

My Tantric Wellness Vision

Be Inspired-Dream Big-Think Positive

My Personal Tantric Wellness Statement is a picture of my future. It is what I want to be, do and Have. It is a source of inspiration and the framework for how my personal Tantric Wellness practice will operate. It reflects my guiding beliefs and values.

I believe my unique Tantric Wellness vision (statement) is:

My fundamental Tantric Wellness vision questions (I desire answers to) are...

Picture yourself at your optimal level of wellness and living your truth, therefore living the life you are created to live, what would that state of being look like, smell like, feel like, sound like, taste like? Jot down what comes to mind. Use this to create your vision statement.

Insight filled questions for reflection and meditation practice- What do you desire to learn, experience and attain during your process?

| Rank | Question | Insight |
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