# ALA Pre-Work Create Your Vision

### SET THE INTENTION

Begin by setting the intention to engage in a meaningful selfreflection session. Create a calm and quiet environment where you can focus and be present with your thoughts.

## CREATE GUIDING QUESTIONS

Prepare a list of guiding questions to direct your reflection. These questions can be broad or specific, depending on your interests. Examples include: What are my strengths? What are my values? What brings me joy? What challenges do I face? What do I want to achieve in life? Allow these questions to

guide your introspection.

## START WITH MINDFULNESS

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Begin the session with a few minutes of mindfulness or meditation to center yourself and cultivate a sense of inner awareness. This can help you quiet your mind and be more receptive to your thoughts and emotions.

#### JOURNAL/TAKE NOTES

Write down your thoughts, feelings, and insights as you reflect on the guiding questions. Use a journal or pen and paper to capture your reflections. Let your thoughts flow freely without judgment. Be honest and authentic with yourself.

#### **REVIEW AND ANALYZE**

After you have finished your self-reflection, review what you have written or noted. Look for patterns, recurring themes, or common threads in your reflections. Identify key insights or realizations that stand out to you. Consider how these insights align with your values, aspirations, and goals.

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