

# JOYFUL PURPOSE VISUALIZATION GUIDE

Your *visualization* guide to  
creating a life  
with  
**PURPOSE**



**Astra Fox**  
Life & Spiritual Coach



# YOUR JOYFUL PURPOSE MISSION STATEMENT

**A mission statement is a condensed statement that summarizes a sense of purpose for your life or work. Your Joyful Purpose Mission Statement will help you stay focused and inspired as you move in the direction of your Joyful Purpose.**

Some elements you might include in your mission statement are:

- Your top values, principals, or what inspires you
- Activities that are important to you
- Who you want to help or serve

Combine these elements into your statement.

Here is mine:

*"My mission is to inspire and empower others to live their life of Joyful Purpose. I do this through my music, coaching, and living my Joyful Purpose by expressing my passions and gifts with the world."*

Now it's your turn:

My mission is to:

---

---



# YOUR JOYFUL PURPOSE VISION STATEMENT

**A vision statement is a detailed description of how your life will look once you are living your Joyful Purpose Mission Statement. The purpose of this statement is to formulate a picture of what you want to create so you remain focused and prime your brain for the life you want to live.**

Here is mine :

*"I live a life filled with joy, inspiration, and abundance. My business is thriving and my clients are experiencing amazing transformations as a result of coaching with me. I live sustainably in nature and my family is happy and healthy. I have a wonderful work-life balance with plenty of time to express my creativity, spirituality, creating and sharing my music.*

*On a typical day, I wake up early, refreshed for my spiritual practice and I eat a healthy breakfast with my family. Then I coach 3 of my favorite clients and watch them experience the transformational results they desire. In the afternoon, I spend time in my music studio, writing and recording, before a family dinner and an evening with laughter and connection. At night, I curl up with a book before going to sleep, feeling joy and contentment with my amazing life."*



# YOUR JOYFUL PURPOSE VISION STATEMENT

**Consider these questions as you create your Joyful Purpose Vision Statement:**

How are my core values represented in my vision?

How will I be spiritually supported in order to live out my vision?

Here are the key components of a powerful vision statement:

- Write it down and read it daily.
- Write it in positive and present tense.
- Be as detailed and descriptive as possible.
- Add pictures or images.

*Feel* the emotions of what it will be like to be living your vision.

Now is your turn to create your Joyful Purpose Vision Statement on the following page. Use as much detail as possible.

Create your vision and don't hold back!



[illegible]

# JOYFUL PURPOSE VISION MEDITATION

**Now that you have clarified your Joyful Purpose Vision, it's time to visualize it in the field of infinite possibility.**

Studies show that *imagining* something as if it's already happened creates the same response in our brain, as if it *has* already happened. Basically, our brain doesn't know the difference whether it's real or imagined. This creates the vibration of it already happening. When we practice visualizing what we want to create, the universe has no choice but to bring it into our physical experience. It is universal law.

Take 10 minutes in a quiet, undisturbed space and listen to the JOYFUL PURPOSE VISION MEDITATION

[CLICK HERE to listen.](#)

Do this practice regularly and watch your life transform!





# WHAT'S NEXT?...

**Congratulations!**

**You made it through the visualization  
guide!**

**Imagine that ALL of your vision is  
yours and more.**

**I can help you get there.**

**Book a free Clarity Call with me and  
let's do this!**

**[CLICK HERE](#) to schedule.**



**Astra Fox**  
Life & Spiritual Coach

