



INNERSPACE CAMP JOURNAL PROMPTS

PORTAL SEVEN:
VISION/DESIGN YOUR NEW NOW

KAMMIEK.COM

"It's already yours...."

As an intentional practice, creative visualization has been around for centuries. The Roman statesman Cicero developed the idea of the mind's eye, an idea which was introduced in literature through Chaucer's Canterbury Tales.

Of course, the mind's eye is the part of your mind that deals with visual images.

The term “visualize” seems to indicate that you see an image. Many people do have the experience of seeing an image they create in their mind's eye.

The important thing in creative visualization is that you form clear, detailed, vivid thoughts about your goal. It doesn't matter if you seem to see the image or just define it clearly in your mind. (via betterhelp.com)

"Start showing up as your HIGHEST self."

The ultimate goal of “visualization” is to create a picture in your mind to the next best version of your reality and then pull those “visions” down into this NOW, by stepping into inspired ACTION based on the YOU you desire to BE.

Use your Core Values & Intentions as you play with these journal prompts:

Who would I BE having BEEN...? Give this one some deep thought and really dive INTO this prompt. Try this ON...example:

“Who would I BE, having been the Founder of The Innerspace Station and Host of the Innerspace Station Podcast?”

“Who would I BE, having been a NYT Best Selling Author and featured guest on 100’s of podcasts?”

"What is yours will find you."

“Who would I BE, having been an angel investor in Soul-Centric based small businesses and as an investor in higher consciousness technologies?”

Write a time capsule memory...AS your future self
1/5/10 years from NOW.

What do you want to have achieved in 1/5/10 years?

Where would you like to have travelled/visited?

Who would you like to meet with?

Create with? Work with? Play with?

Today I give myself permission to...?

"Fall in LOVE with the process.."

Write an "I'm SO proud of YOU" (from your future self) letter – call up future you and ask her what's making her SO proud...

What does your wardrobe, home space, work space, physical body look like 1/5/10 years from NOW?

What are 3 tiny inspired ACTIONS you can take DAILY to step INTO this version of YOU? DO them!!

How does future you walk? Talk? Engage with friends/family/community/work?

If you aren't currently engaging in this way NOW, what's holding you back?

"I AM creating the life of my dreams."

What are 3 specific ways you can begin to engage/interact as THAT version of you?

Tune into your six senses...what does your New NOW smell like?

What does it sound like?

How does it FEEL?

What tastes are you enjoying there?

What kinds of textures and objects are you in TOUCH with?

What kinds of INTUITIVE hits do you receive there?

#Talk to yourself like someone you LOVE."

Write a letter to your best friend from future YOU.

Tell them everything you're celebrating for THEM and thank them for celebrating all of YOUR success, wins and accomplishments (get detailed & SUPER specific).

Cheer each other on from the quantum field NOW!!

VISION/DESIGN

"Design is thinking
made visual."



XO,
KK