

## The Cosmic Athlete Sports Visioning™ Worksheet

Using your Cosmic Athlete book, follow the directions for steps one and two and then use this worksheet to write out your goals.

*“Write it down on real paper with a real pen...and watch ish get real.”*

-- Erykah Badu

### Step 3

Write down anything that comes to you while listening to your Inner Athlete.

Does your Inner Athlete have some wisdom for you? (yes, if you're listening)

### Step 4

Write down the qualities here:

What does your inner voice offer about your vision?

## Step 5

What will you let go of?

What will you let go of right NOW?

## Step 6

List your skills and qualities below:

*Be generous with yourself! If this isn't a long list you didn't think of all the things that you're good at! I've left lots of space below for you to write them down.*

Now, add at least five more: charismatic, funny, likes to eat kale and carrots, (this is one of my gifts), great smile, good listener...

### Step 7

Write your big YES here and watch your life get magical and watch it get real.

### Step 8

Write your gratitude statement here. A simple thank you will work, or you can write or draw whatever comes to you!

If you have any more key words or thoughts that you'd like to remember about your journey of becoming a Cosmic Athlete write them below.