



LIGHTYEAR  
LEADERSHIP

## Ship in the Night

Identify anything that might be holding you back or interfering with the correct vision for your life. Then, verbally and energetically place those things on a ship and sail it off into the night--never to return!

Steps:

1. Imagine being able to place all of your current constraints, beliefs, feelings, misunderstandings, and judgments that don't support your best future on to the ship. What might be holding you back from a generous and fulfilling future? (e.g., fear of marriage, debt, health problems, self-doubt, etc.)
2. Once you've loaded on everything you can think of, listen for how many more things you need to load on the ship in order to get 100 percent complete. There could be deeper instantiations of an issue or concern already loaded so listen for this. (e.g., What causes the fear of marriage? What are the imprints influencing the debt cycle? Is it something from my life or someone else's around me that influences me?)
3. Identifying and vocalizing these issues releases them. Focus on energetically releasing these concerns and issues as they sail away into the night.
4. Now write your vision free from any of these constraints and from a future of possibility and solvability. Be as generous as you can be.

The most important thing to remember when you write your vision is to write completely unconstrained by the past and in the spirit of freedom, choice, and generosity. Pay attention to your body sensations as you write and when you read your creation out loud. Any sensations that make you pause may indicate the need to release even more to create the space for the life you deserve. Your vision should find you gloriously inspired and will set the stage for the goal-setting process.