



VISION CRAFTING WORKSHOP

mindfully manifest, intentionally create





Benefits



01 Clarity

02 Connections

03 Energy centring

04 Inspired Action

05 Cultivate growth mindset





LET'S DIVE IN !!





3 Must-Haves to Vision Crafting



01 THEME

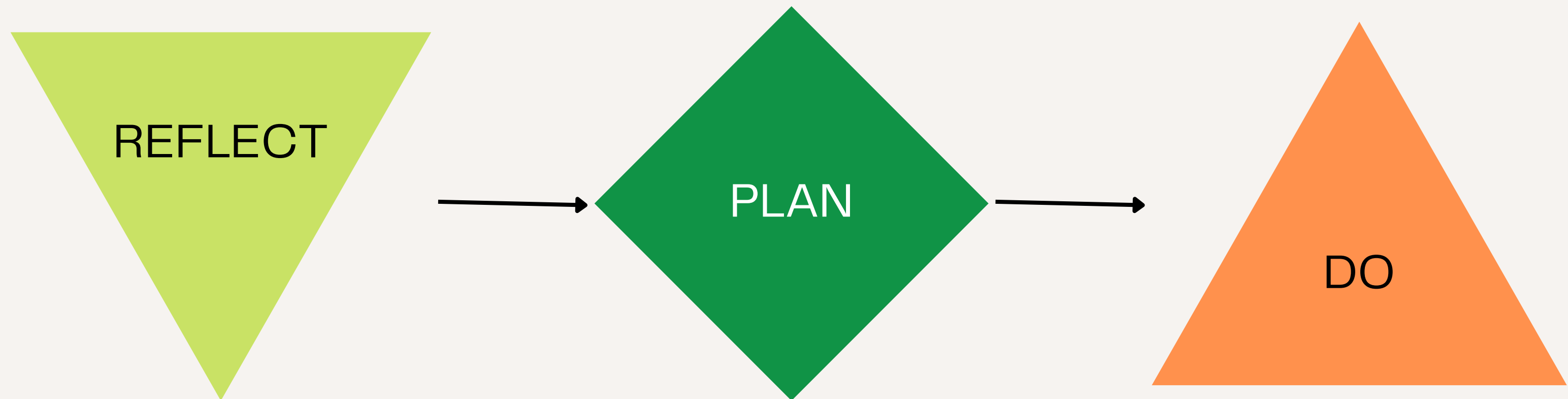
02 ENERGY ALIGNMENT

03 K.I.S.S





Crafting our Story



3-Step Process





WHAT WE DO IN THIS SECTION



REFLECTION

INTROSPECTION





REFLECTION



WHAT THINGS DO I LOOK FONDLY AT FROM THIS YEAR
THAT BROUGHT ME JOY AND ENERGY?

Achievements, People, Places, Tasks, Habits, Experiences –
How can I do more of this

WHAT ARE SOME THINGS THAT WEIGHED ON ME THROUGHOUT
THE YEAR?

What did I learn from them? Where did I fall short? – People, routines,
priorities, environments

HOW DID I GROW AS A PERSON?

New habits, preferences, perspectives, connections

WHAT AM I MOST GRATEFUL FOR IN 2023?

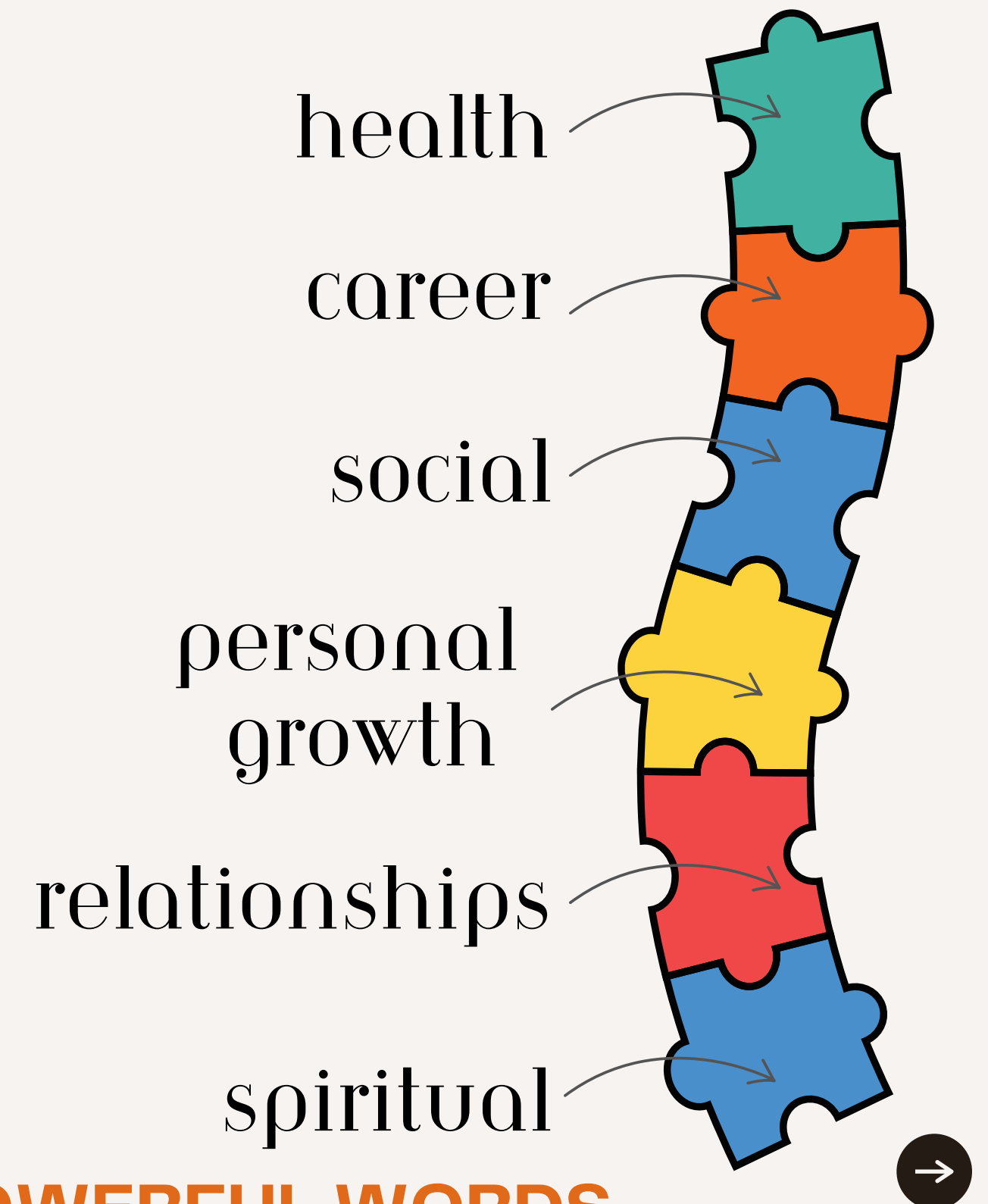




INTROSPECTION



- 01** Write 3 of your CORE Values
- 02** Write 1 intention in each of these areas
- 03** What are your super powers?
- 04** What are your finite resources? Are you spending or investing them?
- 05** What bottlenecks are you anticipating in these areas
- 06** What will happen if you achieve these?
- 07** What will happen if do not achieve these?



DISTIL THE THEME OF THE YEAR IN 3 POWERFUL WORDS

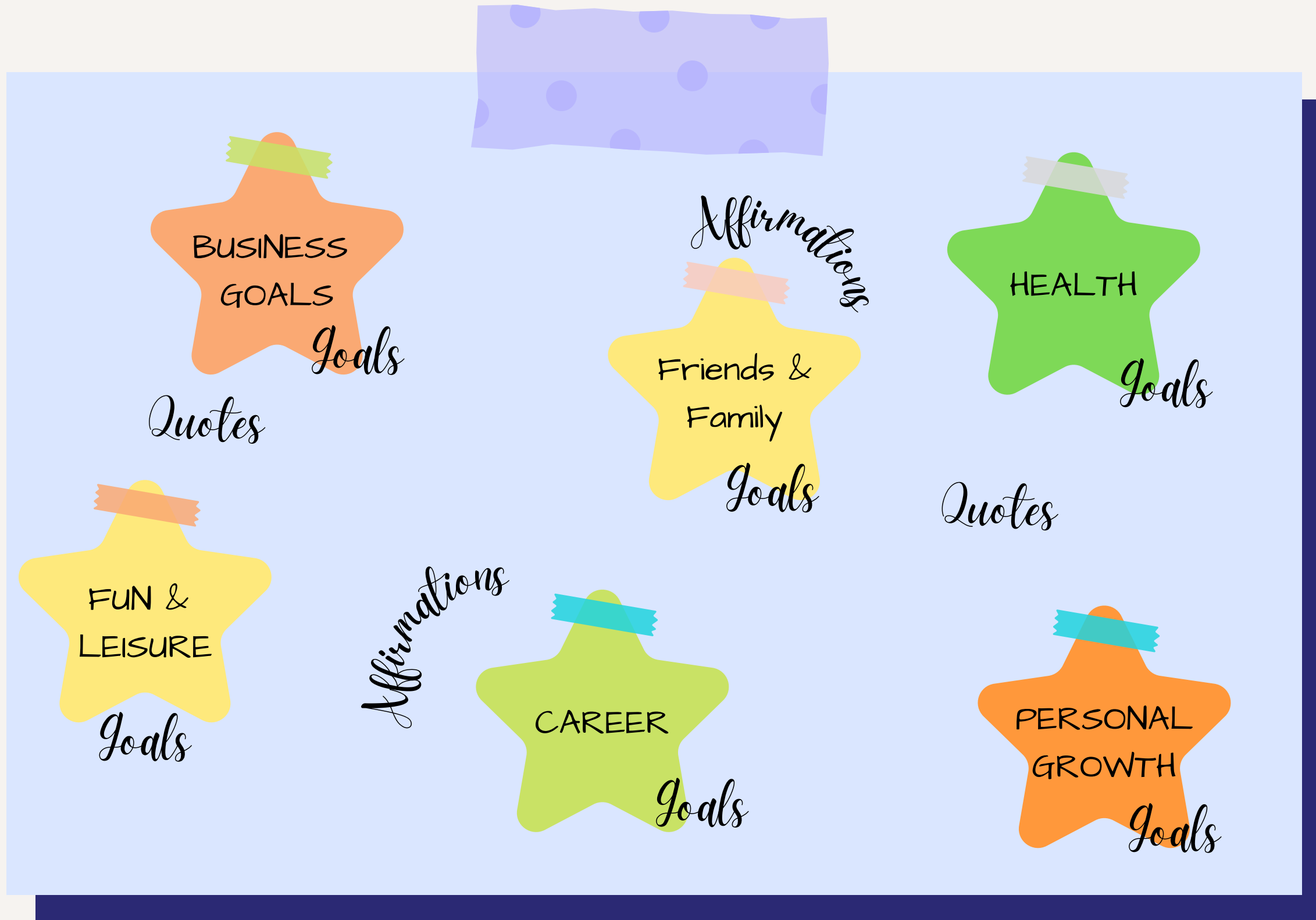


LET'S CREATE OUR VISION BOARD



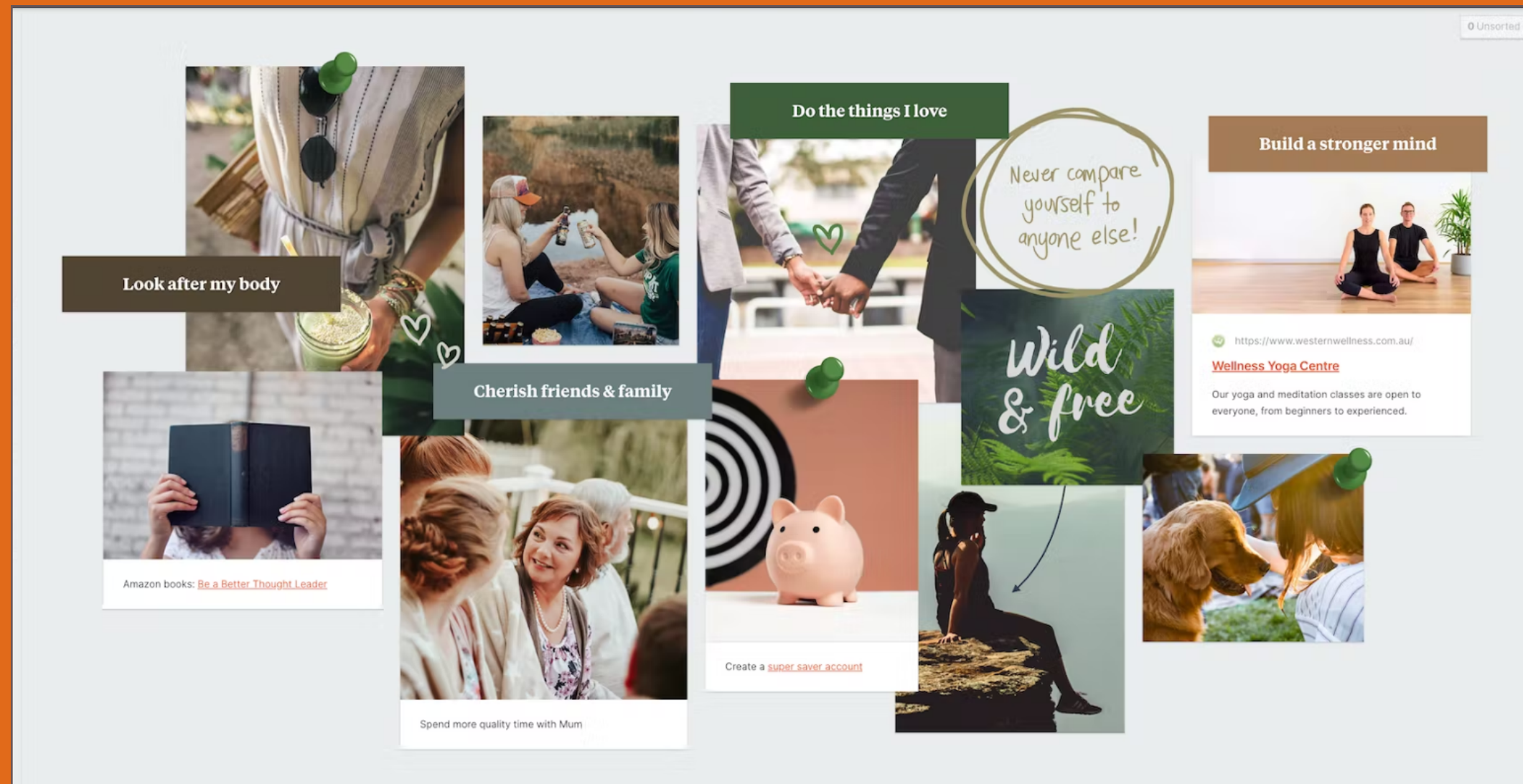


PLAN A STRUCTURE





Bonus 1



ENERGIZE YOUR VISION BOARD

ENERGY BALL METHOD



2023 The Soul Alchemy



Bonus 2



55 X 5 MANIFESTING TECHNIQUE

WHAT DO YOU WANT TO ACHIEVE?

BE SUPER SPECIFIC

WRITE A POSITIVE SHORT AFFIRMATION

WRITE IT 55x FOR 5 DAYS BACK TO BACK

LET-IT-GO & LET THE UNIVERSE DO ITS WORK





MORE INTROSPECTION PROMPTS

- 1) Why is it important for you to accomplish your goal?
- 2) How would achieving your goal help others around you?
- 3) What if your goals were doubled, tripled, or magnified by 10?
- 4) What will you have to give up to make room for your goals?
- 5) What habits that do not serve you anymore do you want to break?
- 6) What new habits do you want to develop?



SUMMARY OF STEPS

- 1) Do the reflection exercise for the year gone by with the reflection prompts
- 2) Work on the first set of introspection questions and set one intention in each of the areas mentioned. See what theme emerges for yourself and use 3 powerful words to describe them
- 3) Take each area intention and work the details in each intention – set the measure of completion/win for each intention
Eg- Health – I want to be free of chronic fatigue issues.
Measure of completion – When I can get up in the morning feeling fresh and not feeling sleepy/tired through the day for a month to begin with
- 4) Break down this measure and work backwards for all the activities(goals) it requires and set a completion date/time(tasks).



SUMMARY OF STEPS

For eg:

Goal 1: Find a good physician for health check-ups/tests – Jan 15

Goal 2: Set up a good diet plan with the help of a nutritionist – Jan 30

Goal 3: Begin light 49 mins walking in the morning sun – Jan 5

Goal 3: Begin stretches and a good exercise regime in a gym nearby – Feb 1

Goal 4: Do checkups every 3/6 months to check the progress

5) Plan the structure of the vision board on a bigger chart paper. Collect all images/draw images that are relevant to your goal to visualize your goal completion. Mark your theme in bold. Select your quotes, create your affirmations and put them up on the chart paper. Use your imagination and creativity to decorate and add aesthetic elements to motivate and inspire you.



SUMMARY OF STEPS

- 6) Place the vision board in a place where you can frequently view them/ be able to see when you sleep or wake up
- 7) Energize the vision board using the Energy ball technique with orange color. You can use the energy ball exercise once every day in the way taught in the session with the prompt, " Which color do I need today?" for self healing.
Note:Energy ball exercise is to be used only for yourself and not for others.
- 8) As you start achieving your tasks/milestones, start marking them on your vision board.

may all your aspirations be fulfilled in this new year!!





TANUSHREE NAIR

ENERGY MINDSET COACH

ABOUT TANUSHREE NAIR



Tanushree is a former IT professional with a decade-long experience in corporate IT and a decade-long social entrepreneurship through a denim upcycling venture called “Karaashilp” from 2011 to 2021.

At the heart of her coaching practice is a profound mission: to empower leaders to unlock their innate potential by mastering the dynamic interplay of energy and mindset. She is committed to guiding you on an “Inside-Out” transformative journey that fosters self-discovery, cultivates resilience, and sparks lasting positive change.

With a background of 15+ years in energy work, mindfulness, Vipassana, social entrepreneurship and leadership development, she brings a unique blend of expertise to help you unlock your full potential.

She has worked with a diverse range of clients, from corporate leaders seeking to enhance their leadership presence to individuals on a path to personal growth and self-awareness. Her areas of expertise are in building Self-awareness, Leadership Presence, Energy Mastery, Wholistic Living & Peak performance.

As a participant of this program, you are chosen to avail a **NO-FEE 1-on-1 Energy Clarity Call with Tanushree**. Choose your convenient time from her [CALENDAR](#) here:

CREDENTIALS

- Internationally Certified Enneagram Practitioner
- Certified NLP Practitioner Associate (ABNLP)
- Licensed Emotional Intelligence Coach Practitioner (IAPCCT),
- Happiness & Wellbeing Coach (IAPCCT)
- Associate Leadership & Executive Coach, Organizational Development Coach (CCE, approved by ICF)
- Host of the Video Podcast show – “Soul Crafting with Tanushree”
- 15+ years experience in studying different mindfulness techniques like Vipassana, sound healing and energy-healing modalities.

HOW TO GET IN TOUCH

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PROGRAMS

- Discover your WHY
- REBOOT:Feminine Energy Mastery Program [1-on-1 program]
- The Conscious Energy Leadership Program [individuals & group]
- 3-Day Personal Manifestation through Gratitude
- Creative Journaling Masterclass
- Vision Crafting Workshop

OBJECTIVES

- Self-Awareness
- Personal Energy Mastery
- Personal Branding
- Conscious Energy Leadership
- Inside-Out transformation
- Soulful Living



The Soul Alchemy is
Incubated at NSRCEL,IIMB

BRING OUT THAT
RED LIPSTICK
[Amazon.in](https://www.amazon.in)

MORE ABOUT
TANUSHREE NAIR

