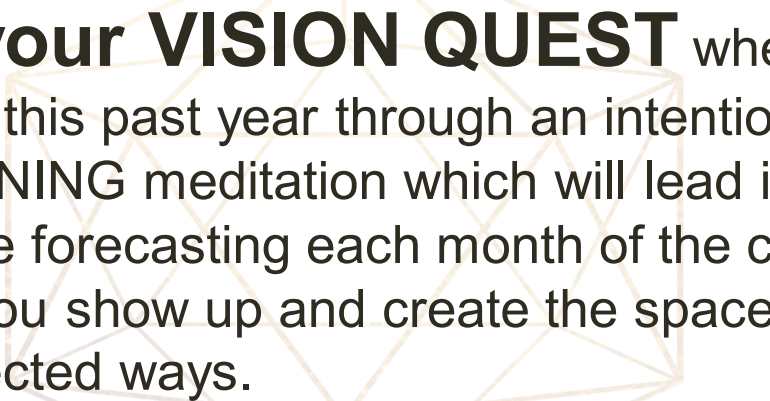


VISION QUEST 2024





Welcome to your VISION QUEST where you will be guided to backtrack this past year through an intentional process followed by a VISIONING meditation which will lead into our FUTURE TRACKING exercise forecasting each month of the coming year. This is a potent journey if you show up and create the space to receive! It will serve you in unexpected ways.

IGNITION:

You are now tuning into the highest frequencies available. Energies that are coherent with joy, peace, love, happiness, ease, and flow.

CHOICE POINT LENS:

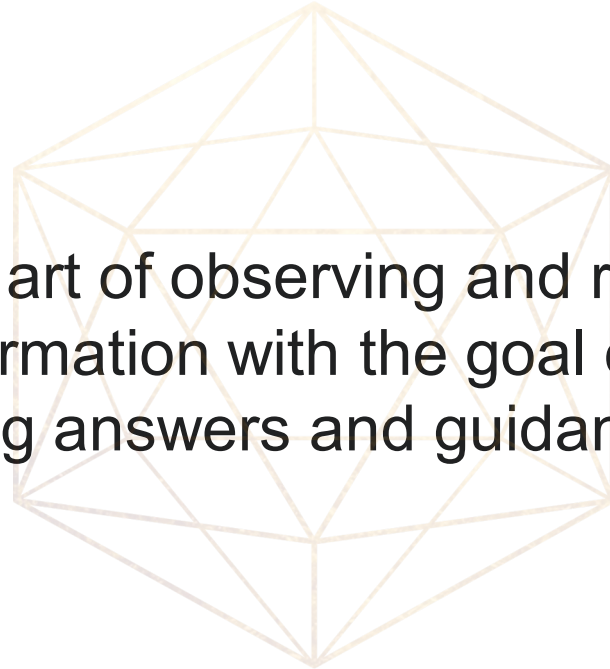
You now may choose to view your past and future with a highest potential lens, for you and all involved. You see from the greatest vantage point and are able to track the gifts, the lessons and the possibility.

VISION QUEST PREP

- Set your **intention** and clear the decks.
- Show up fully and create an environment for yourself to feel expansive, focused and undistracted.
- Come with a **journal**, pen, quiet and a candle if you'd like.
- Use the audio or video as your guide through this process.
- Be prepared to pause the video / audio to dive into deeper contemplation if prompted. We offer a music video if you'd like to play as you contemplate.

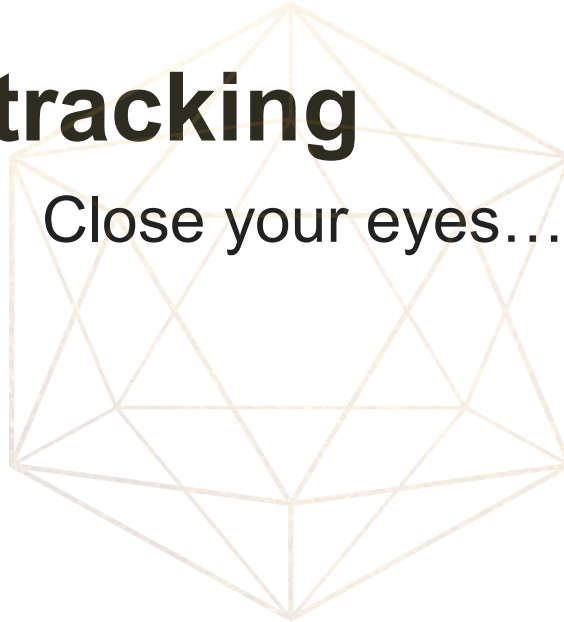
TRACKING

The science and art of observing and recognizing signs, patterns and information with the goal of understanding the landscape, finding answers and guidance.



Backtracking

Close your eyes.....



SOLSTICE to EQUINOX

December 21 – March 21

EQUINOX to SOLSTICE

March 21- June 21

SOLSTICE to EQUINOX

June 21 - September 21

EQUINOX to SOLSTICE

September 21 - December 21

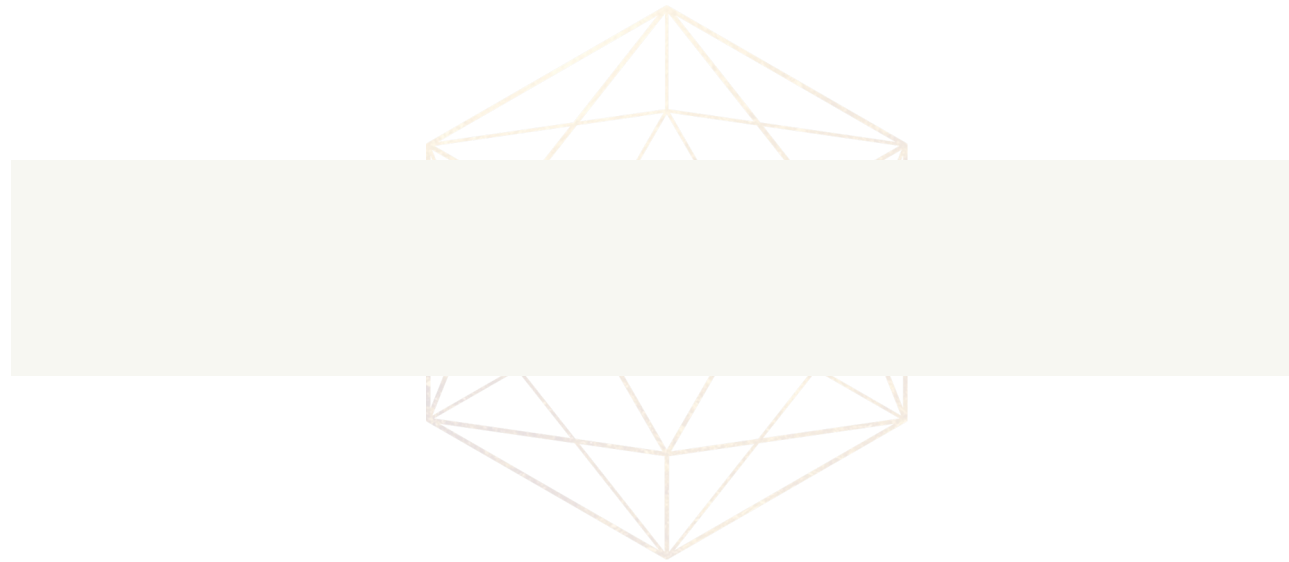
2023

**Wisdom
Nuggets**

Reflect on
this past year
and fill in your
wisdom
learning
nuggets for
each month
from January
through
December.

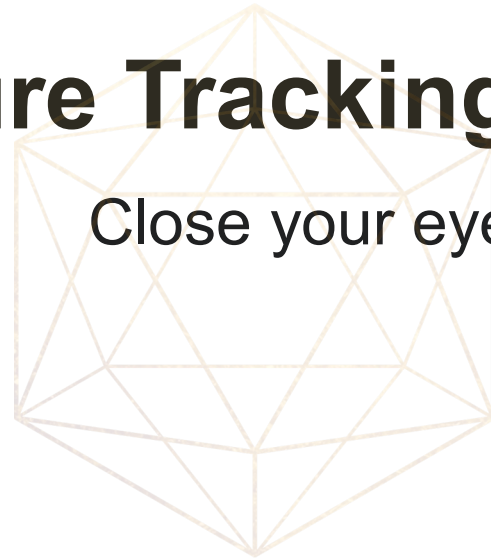
January	July
February	August
March	September
April	October
May	November
June	December

One word or phrase for 2023



Future Tracking

Close your eyes....



Energy Forecasting



2024 ENERGY READING

Fill in the ONE WORD you choose to embody the energy of for each month – and add whatever other notes will help you remember what you want yourself to know as you review your commitments throughout the year at the beginning of each month.

ENJOY THIS
PROCESS OF
ENERGETIC
INTENTION
SETTING!

January	July
February	August
March	September
April	October
May	November
June	December

SOLSTICE to EQUINOX

December 21 – March 21

EQUINOX to SOLSTICE

March 21- June 21

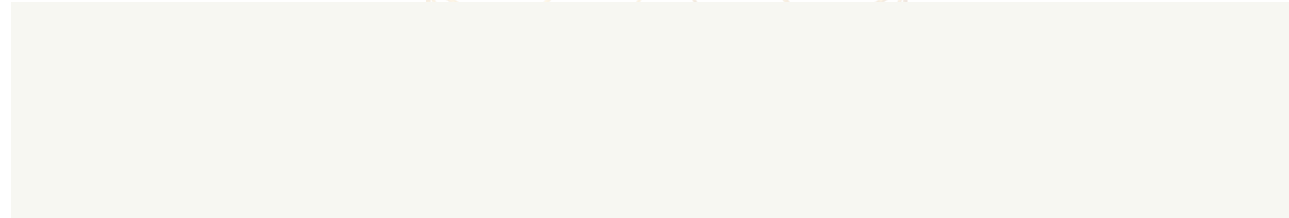
SOLSTICE to EQUINOX

June 21 - September 21

EQUINOX to SOLSTICE

September 21 - December 21

One word or phrase for 2024



A light beige rectangular box intended for the user to write their chosen word or phrase for the year 2024.

CRAFT YOUR 2024 VISION

Here you may choose to call in your vision for the whole year or you may choose to vision for each month. Perhaps you think in tax quarters, you can vision that way too, though remember this is not only business or career, this is life – your whole life.

On the next slide I share my preferred way of visioning and invite you to give it a go...

Earth Quarters mark quarterly transitions from
our mother Gaia's perspective.

Solstice to Equinox - December 21 – March 21

Equinox to Solstice - March 21- June 21

Solstice to Equinox - June 21- September 21

Equinox to Solstice – September 21 to December 21

Why Earth Quarters?

Each Earth Quarter tunes us in to what is going on in our own lives, businesses, emotions, health, and patterns, as well as what is going on in our natural environment, seasonal shifts and the cosmos.

Having a practice that helps us reflect on each of these Quarters, brings our lives into coherence in new ways and grounds us as earth beings not just mechanical creators with a man made calendar.

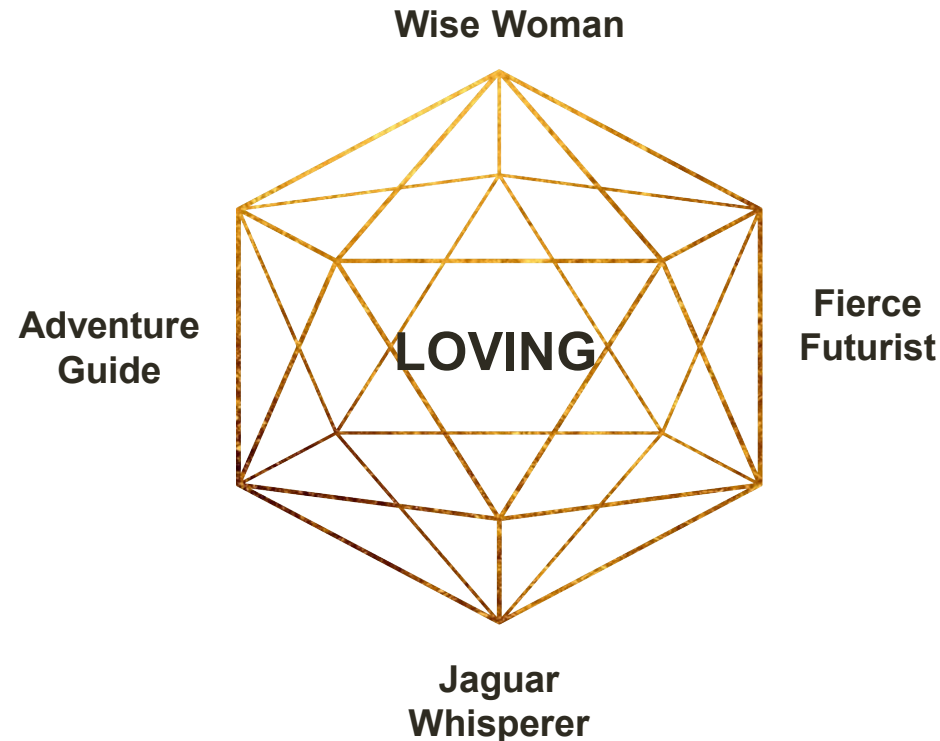
When we have an Earth Quarter practice we have greater self awareness and can track patterns in our lives according to nature.

Use the following page to craft your vision for what you will be calling in and actualizing in each respective Earth Quarter. (Earth Quarters are sacred and are wonderful

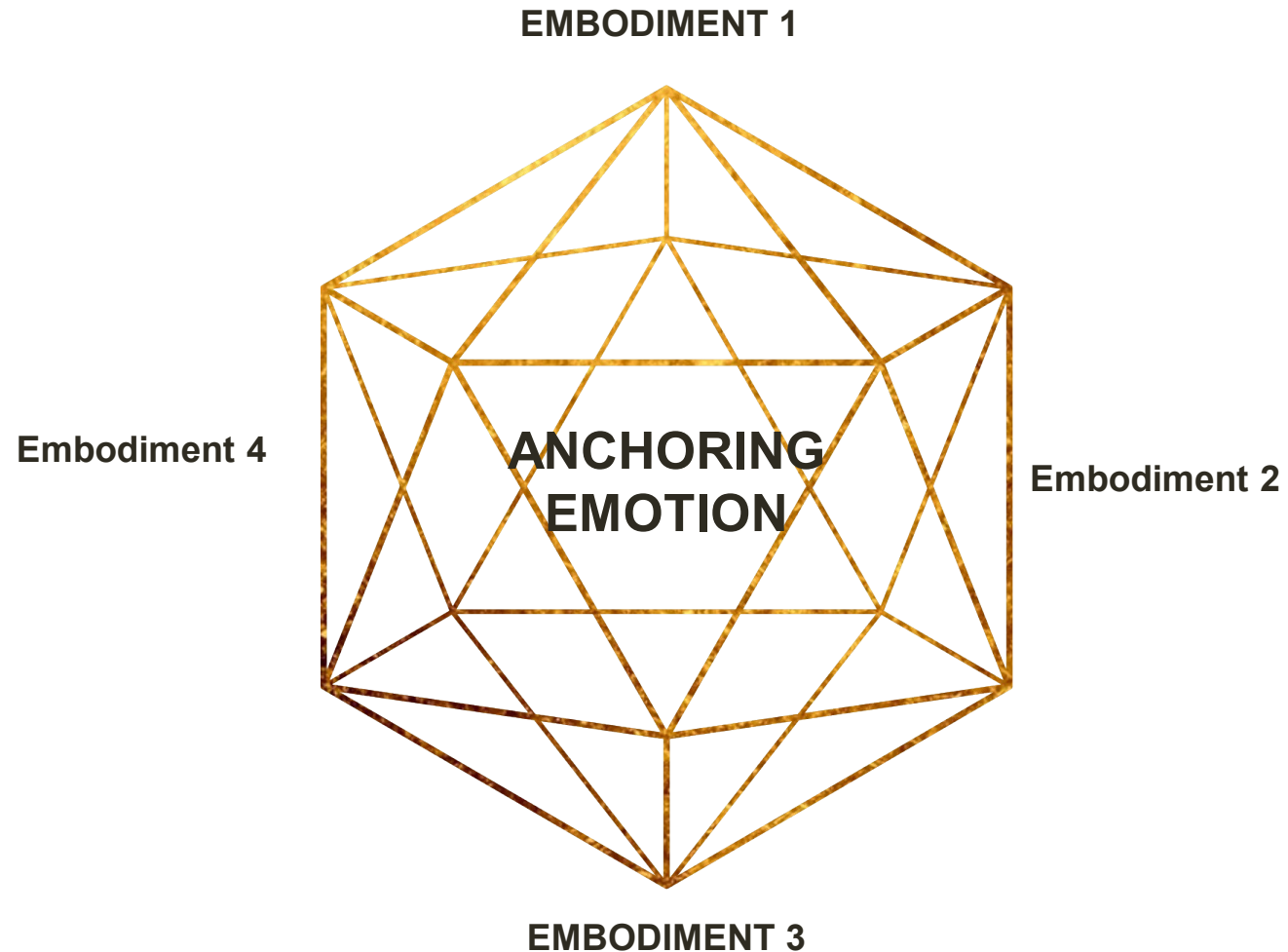
2024 Four Embodiments + One Emotion

What are 4 ways of embodiment you are stepping into this year? (add them on 4 sides around the hologram)

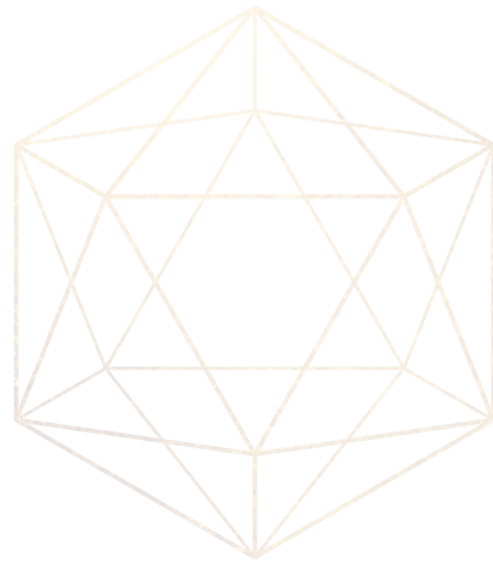
And if one emotion can sum up the frequency (energy / vibration) you will hold as a template for the unfolding of your vision, what will it be? (add to the center of the hologram) Example below...



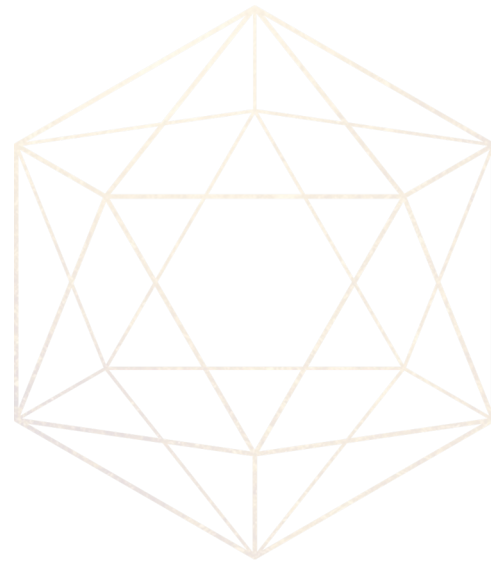
2024 Four Embodiments + One Emotion



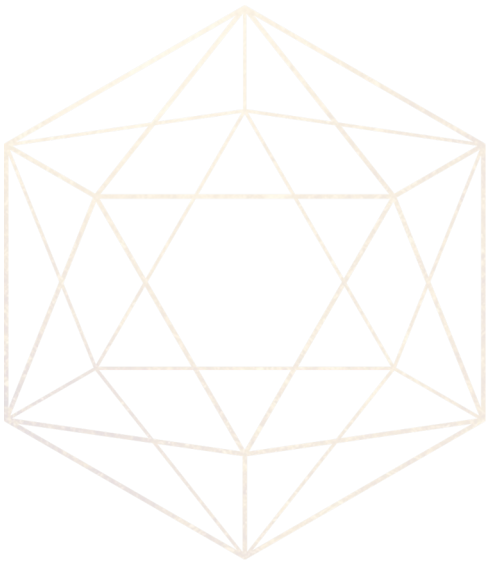
One Year Goals



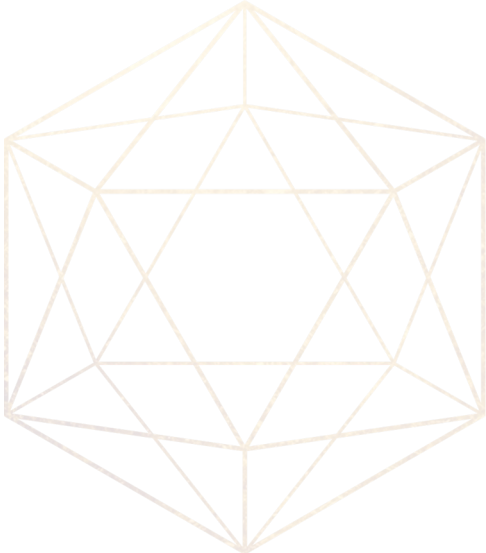
Big Transformational Plans



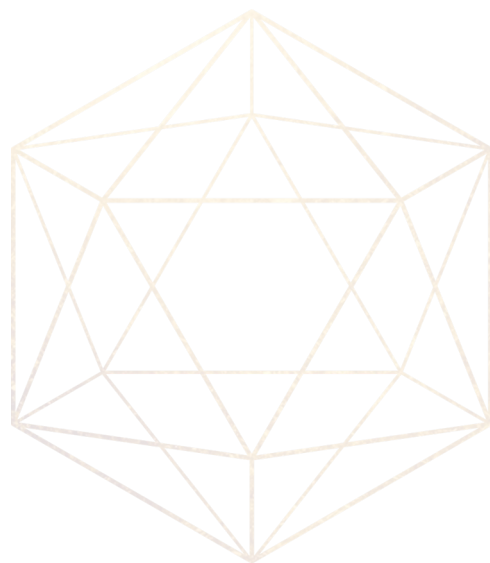
Big Transformational Actions



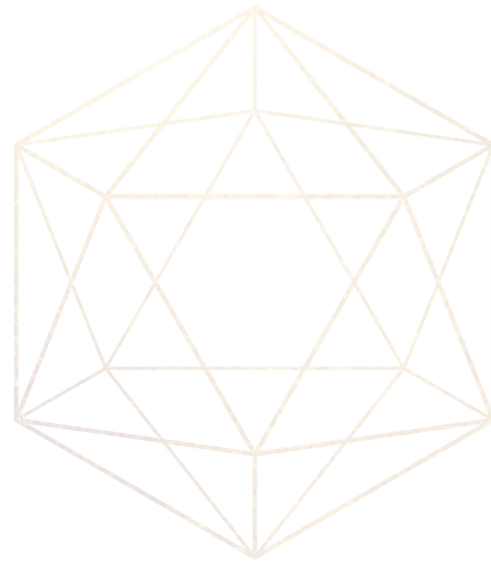
90 Day Goals



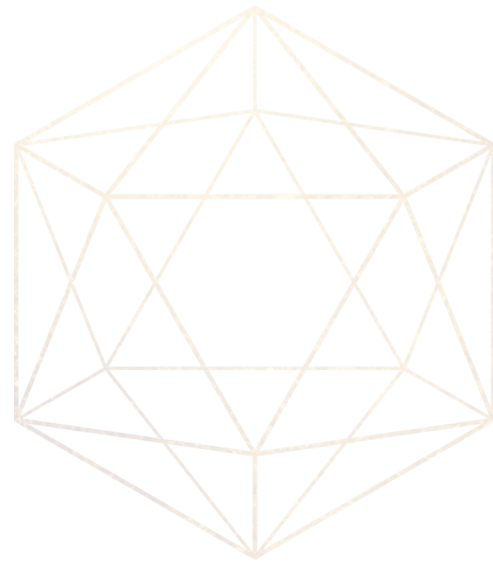
90 Day Plan



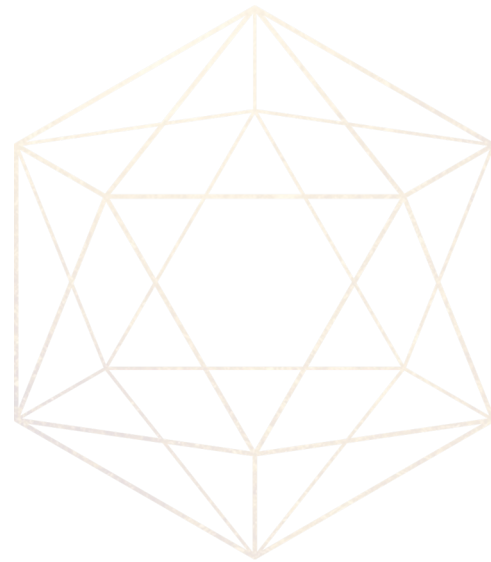
Old patterns and programs:



Future Self Advice:



Best next steps



Moving forward....

How was that experience for you?

Now the next step is putting the IN-FORMATION you received into practice. It's obvious how to work with goals, plans and actions.

What I recommend for the Wisdom Nuggets you received as you back tracked this past year, is to apply them to your goals for this year and list out preemptive strategies to avoid pitfalls and install your learning. This leads to embodiment which leads to evolution.

As for your beautiful **Energy Forecast Monthly Embodiments** put them somewhere you will be able to access as you roll into each new month. You may drop each one on your calendar on the first of the month or in a journal. You'll want to check in each month either the day before or day of the first and close your eyes. Remember the guided visualization I brought you on where you received the energy that wants your attention. Take a few deep breaths and set your intention. Your job is to hold the energy, the frequency of that energy and witness your month unfold in beautiful flow accordingly.

Thank you thank you thank you!

I would love to hear how this process flows for you. The best way to maximize your experience is to add each monthly reading to your calendar and align to the frequencies you've tapped into today.

We're entering a portal of great possibility. We are coming online to awaken at greater speed which means we must do our personal work and clear old limiting beliefs, patterns, habits and emotions that are holding us in old programs that do not align with our personal and collective higher potentials.

The path forward requires our deepest personal evolution and growth.

If you'd like to explore coaching, mentorship or other ways we may work together in this coming year, please email s@stephanietrager.com

Intentionally,

Stephanie



YOUR VISION RECEIVED

2024

Stephanie Trager
stephanietrager.com

