



FLOW AND RHYTHM

Vision

YOUR LIFE'S VISION PLAN



the FLOW

*"No blocks,
just flow"*



We can have a lot of ideas in our heads but no place to put them. This is your space to dream big.



God is not a small god. Do not hold back.



Write down every idea that comes to mind. Think infinite resources and do not let money hold you back.



What have you always wanted to do? Listen to what your heart is saying.

ENVISION YOUR LIFE

Just
FLOW

Flow & Rhythm
FR

THE

Rhythm

This is where you categorize and organize the flow. Life needs a little bit of structure and I have your back.

There are 4 life categories that you can easily structure your flow. Mind, body, soul, and spirit.

Each are connected and one will affect the other.

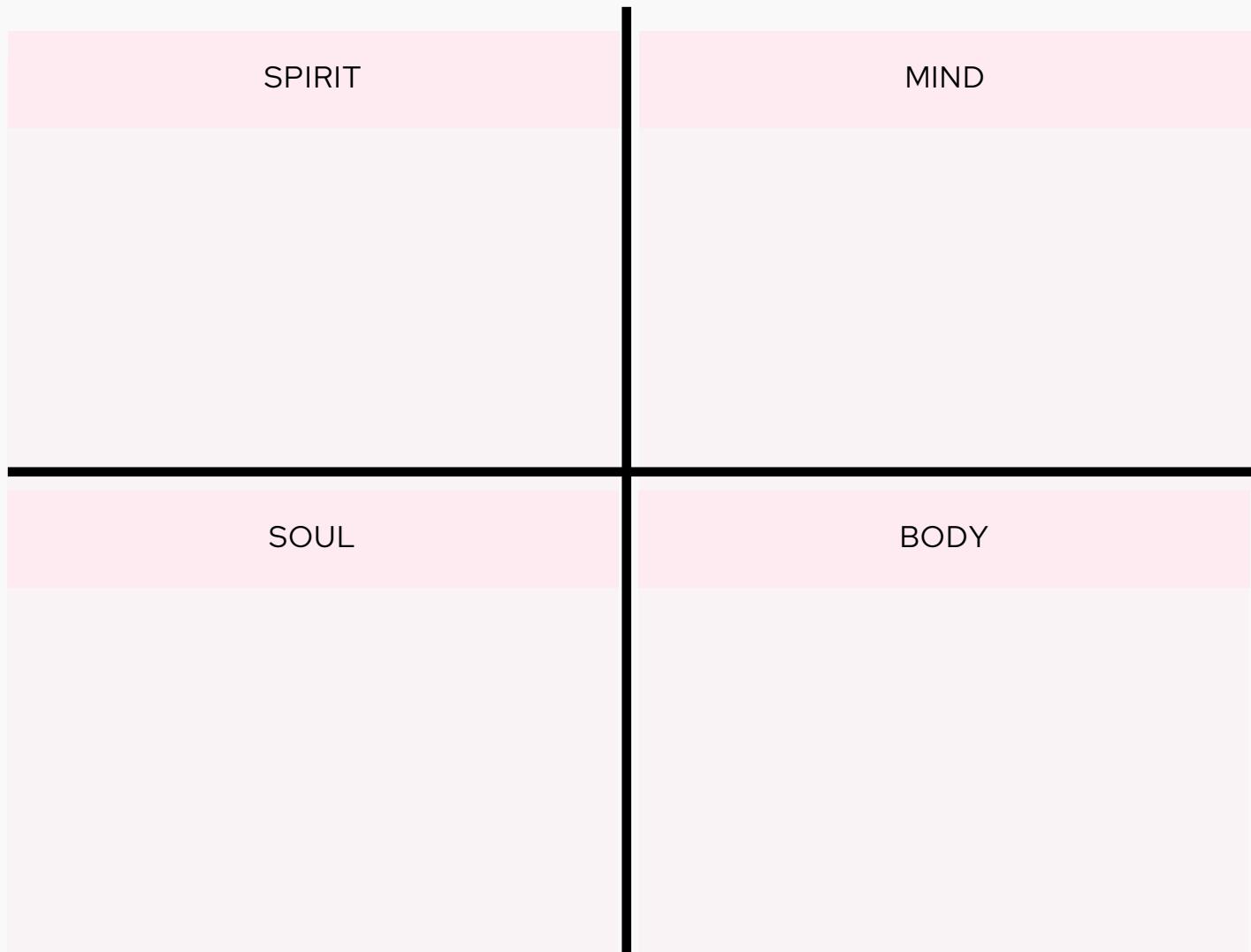
Go through each one of your flow items and place them in the life category that fits best.

Below is an example.

YOUR RHYTHM

SPIRIT	MIND
<ul style="list-style-type: none">• Regulate my emotions<ul style="list-style-type: none">◦ prayer, journal, release• Remove limiting beliefs about God<ul style="list-style-type: none">◦ write down misconceptions and replace them with truth	<ul style="list-style-type: none">• Mental detox<ul style="list-style-type: none">◦ reduce screen time◦ practice nothingness for 24 hours• Automate and delegate<ul style="list-style-type: none">◦ ask for help and implement efficiencies
SOUL	BODY
<ul style="list-style-type: none">• Increase hobby time<ul style="list-style-type: none">◦ read 25 books◦ scrapbook• Publish a book• Create a course• Pay off student loan debt	<ul style="list-style-type: none">• Be my ultimate wellness and fitness goals<ul style="list-style-type: none">◦ intermittent fast◦ stop resorting to food for comfort• Grow hair to mid-back length

YOUR RHYTHM



WRITE DOWN ACTION SETPS FOR EACH CATEGORY

Spirit

Mind

Soul

Body

WRITE DOWN ACTION SETPS FOR EACH CATEGORY

Spirit

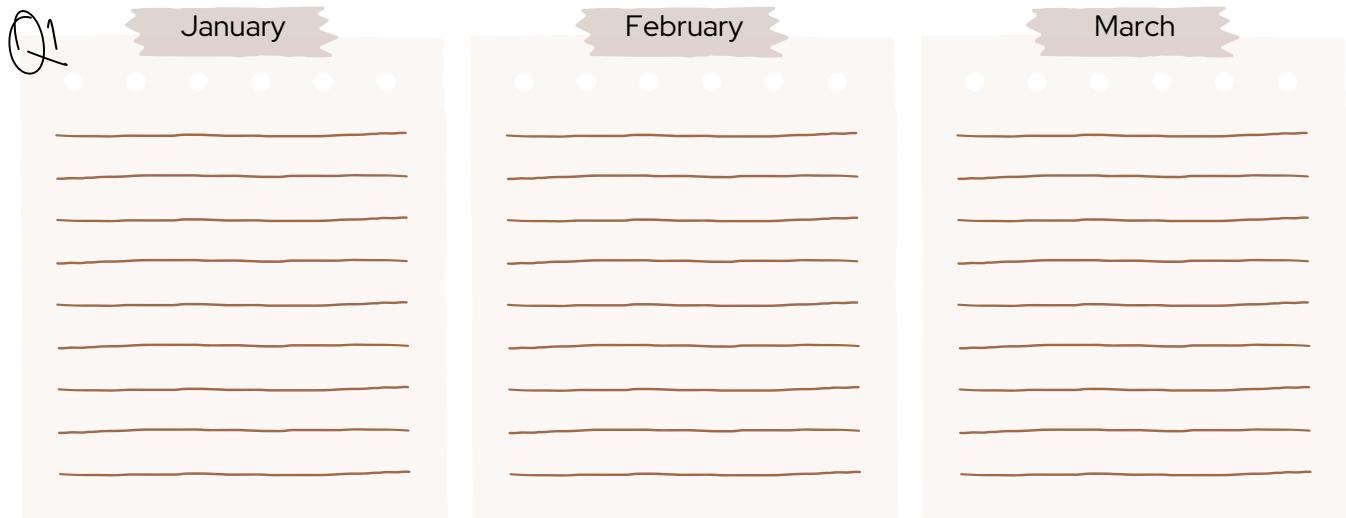
Mind

Soul

Body

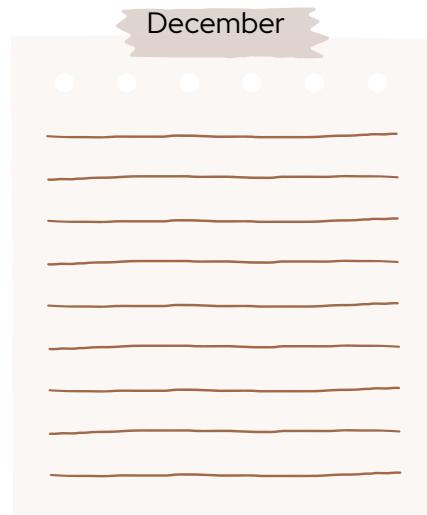
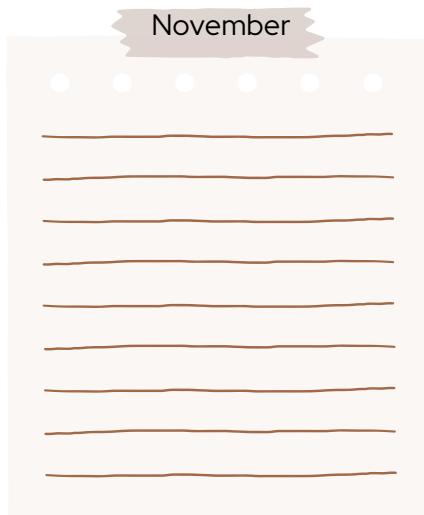
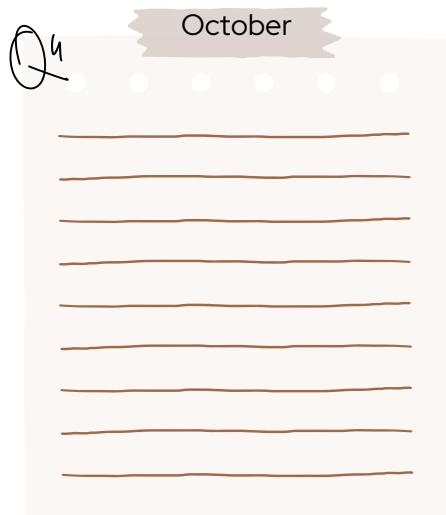
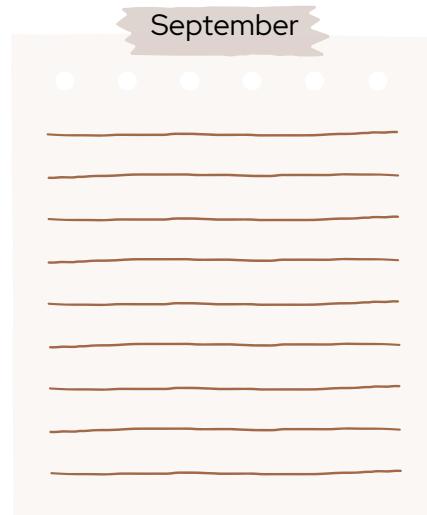
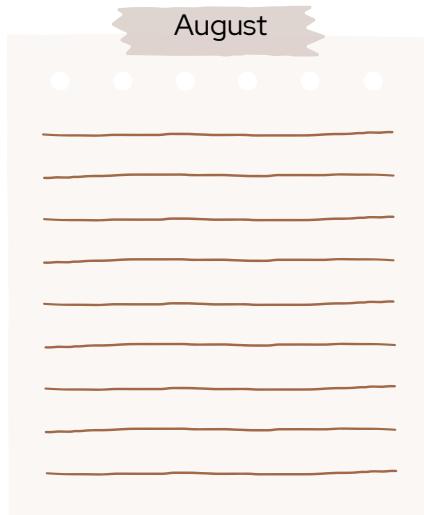
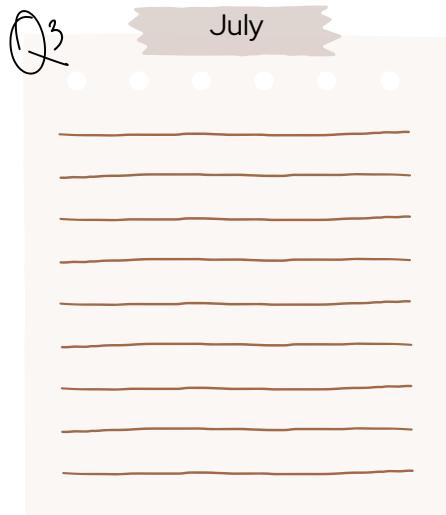
THE TIME LINE

BREAK UP THE STEPS INTO TIMELINES THROUGHOUT THE YEAR



THE TIME LINE

BREAK UP THE STEPS INTO TIMELINES THROUGHOUT THE YEAR



REFLECTION

Word(s) of the year:

1. What is your foundational verse of the year?

2. What are some things God is telling you to let go to step into the new version of you who can hold what he has in store?

3. What lies have you believed that are causing you to self-sabotage?

4. What truth will you remind yourself to replace those lies?

5. Envision the person you were originally meant to be. What does she look like, how does she dress, how does she speak?

YOUR ~~Affirmations~~

Spirit “

I am stable, triumphant, resilient, and courageous.

Mind “

I am firm, original, unique, authentic and honest.

Soul “

I am me, fulfilled, free, balanced, and happy with self.

Body “

I am confident, beautiful, healthy, and whole.

YOUR ~~Affirmations~~

Spirit ”

Mind ”

Soul ”

Body ”

NOTES



MEET THE CREATOR

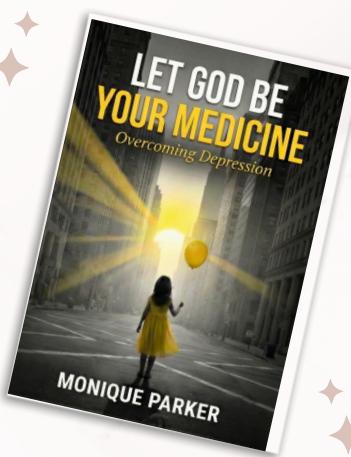
Monique Renewed (Mentor/ Coach)

Hey girl,
I hope you feel empowered by this vision plan and guide. I used to think small and therefore received small. My greatest wish is for you to live life to the full, just as Jesus said.

I'm just a girl with a passion for learning and sharing.

New
BOOK RELEASE

on amazon



XOXO

www.flowandrhythm.com

www.youtube.com/@MoniqueRenewed