



Journey to 
FREEDOM

VISION 2024

Building Foundations

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Journeys of 
AWAKENING
ONLINE

Who Are you?

Chapter
ONE

Chapter
ONE

Who Are you?

Commitment Contract

I, understand that I am embarking on a powerful, guided encounter with myself.

For the duration of this Sojourn, I commit to setting a minimum of 30 minutes per day to completing the Journal exercises in writing!

I will also create a sacred space for meditation each day.

I further commit to taking excellent care of myself, which includes getting adequate sleep, looking after my diet, exercising/ stretching and pampering myself for the full duration of the course.

Signed:

Date:



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ONE

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Who are You?

Write a page or two about yourself and how you see yourself right now, as if you were preparing to see a doctor or a trusted therapist.

Be as honest as you can, as to how you feel about yourself, your life and the place you are in - physically, mentally, emotionally, spiritually.

Chapter
ONE

Who are You?

Continued...

Chapter
ONE

Who are You?

What would you like to be dissolved, resolved or healed in your life story?

Describe this fully here

What is Freedom?

Chapter
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Chapter
TWO

What is Freedom?

What does Freedom mean to you?

What is Freedom?

What does Freedom feel like to you?

Close your eyes and imagine how you would feel, if you were to be truly free.

Where would you feel it in your body?

Perhaps there would be a colour, a texture or an image associated with it.

Describe this below.



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TWO

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What is Freedom ?

What do you believe might be limiting you from being Free right now?

What do you Want?

Chapter
THREE



Chapter
THREE

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What do you Want...

What do you feel you need, in order to make your life more complete and more fulfilled?



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THREE

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What do you Want?

Many of us know what we want for others, but what is it that you want for yourself?

Take a few moments to reflect on your life and then write down answers to the questions below.

Be as honest and authentic as possible. Let go of any limitations or judgements

What do you really, really, REALLY want?



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THREE

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What do you Want...

**If you had one wild, audacious dream/ vision for your life ,
what would it be?**

No limitations - no holds barred! Allow you imagination to roam freely.

How do you believe you would feel if you manifested that Vision?

Close your eyes and see if you can feel that feeling in your body right now

Stumbling Blocks

Chapter **FOUR**

Stumbling Blocks

What do you believe your biggest stumbling blocks are to experiencing Freedom, Flow, Abundance, Love and Joy in your life?

Write about what you believe blocks you - mentally, physically, emotionally, spiritually.

Life is not meant to be a struggle. Yes, we all have challenges, unwanted experiences and lessons to be learnt along the way, but suffering, (believe it or not), is optional.

Stumbling Blocks

I worry most about / my biggest concerns are:

Rate from 1 (very little) to 5 (a lot)

Be completely honest here – you won't need to share your findings.

My health/ well-being

My financial situation

The political situation

The global situation

My home

My family

My relationship/s

My work in the world

Ageing

Other



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Stumbling Blocks

Connect briefly with a time recently when you felt blocked, disconnected, flat, possibly despondent or depressed.

What does it feel like, in your body, when you bring this to your awareness?

Write down any colours, textures, images that come to you.

What was the story you were telling yourself at the time. Be as honest as you can - no judgement



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Stumbling Blocks

Connect briefly with a time recently when you felt unrestricted, connected, peaceful, inspired, in the flow.

What does it feel like, in your body, when you bring this to your awareness?

Write down any colours, textures, images that come to you.

What was the story you were telling yourself at the time?

A Broader Perspective

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A Broader Perspective

If 2024 was the last year you had on earth, would you make any changes to your life and if so, what would they be?

How would you choose to invest each precious day of your time in that one year you had left?



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A Broader Perspective

What unique skills and talents do you have, that you would love to share with the world - this does not necessarily mean a job!

If this is difficult for you, reflect on what people have told you about your special qualities and abilities.

What would you like to have contributed to the world, by the end of your life?



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A Broader Perspective

What would you want people to say in your eulogy, after you have passed on?

Write this in the third person, beginning with your name.

Vision 2024 Check-in

What insights have you gained this week and what will you carry forward with you into 2023 - from :

The Zoom Calls

The Matrix Videos

The Journal questions

The Meditations

The Affirmations

The Creative Project

