

THE MINDFUL VISION QUEST 12-Day Challenge

*Embark on a transformative journey of
self-discovery and empowerment.*

Hello,

WELCOME TO THE CHALLENGE!

I'm so excited that you're taking this challenge! I promise it's going to be transformational.

I'm Lety Martinez, I help Conscious Entrepreneurs turn their dreams into reality. I am the founder of Soul Level Business, where I teach conscious people to reconnect to their soul and essence and from that space, build a prosperous life and business doing what they love.

I've created this 12-day challenge for anyone ready to embark on a transformative journey of self-discovery and empowerment.

For so many of us, our fears, doubts and worries keep us playing small... we know we want to achieve more, do more, and be more, but we just can't seem to get out of our own way.

If you're nodding along, then hello friend!

You're not alone and this challenge is going to help you break out of this pattern and help you to step into the most fearless version of yourself.



Are you ready?

LET'S BEGIN!

Lety

**THE MINDFUL VISION QUEST
12-DAY CHALLENGE**

soullevelbusiness.com

"Your visions will
become clear only
when you can look
into your own
heart. Who looks
outside, dreams;
who looks inside,
awakes."

CARL JUNG



Getting Started

STEP ONE

1

COMMIT TO THE CHALLENGE

I don't think this challenge has made its way into your life by accident, you're ready for change. So the first rule of this challenge is to commit to it. Make the decision to stick to the plan. Come rain or shine, you have to do it. This is for YOU, so commit.

STEP TWO

2

TAKE ACTION

It's amazing that you're here and that you've taken that first step, but now the big thing is continuing to take steps. There are 7 Actions in 12 Days. So, follow along, keep taking action, and see how things begin to unfold.

STEP THREE

3

HAVE FUN AND ENJOY

This challenge is all about getting you BIG transformations, but it's important for you to have fun and enjoy along the way. I encourage you to approach each activity with an open mind and a sense of curiosity. So, roll up your sleeves, get stuck in, but remember to enjoy this journey!

Ready to get started? Good, let's do it...





Action One

MORNING MINDFULNESS

Take a few moments each morning to reflect on your intentions for the day. Set aside distractions and connect with your inner self. Morning reflection allows you to start your day with clarity and purpose, aligning your actions with your authentic desires.

Setting intentions is powerful. They guide your thoughts, actions, and decisions toward a desired outcome. They align your actions with your values and encourage mindfulness and self-awareness.

Putting your intention in writing makes it more tangible and reinforces your commitment. Write your daily intention and make it clear and specific.



2 Action Two

VISION MAPPING

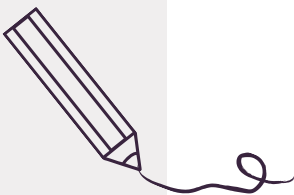
Create a vision map or vision board that visually represents your aspirations and goals. Visualization is a powerful tool for manifesting your desires and clarifying your vision for the future. By visually mapping out your dreams and goals, you'll bring them to life and stay focused on what truly matters to you.

On day 1 of the challenge, begin by creating your Vision Map. Each day, revisit your map and consider whether you need to add or modify anything to align with your dreams.

TIP: if you have a Canva account, you can create your Vision Map there adding images and text. (Look for a Vision Board Template).

Close your eyes and start visualizing what you want. Look at yourself in the future as if nothing was holding you back from what you want and remember to dream big.

Write down what you want here:



3 Action Three

RAISING YOUR VIBRATION

Incorporating the following actions into your daily routine will elevate your vibration and cultivate a greater sense of well-being and positivity in your life.

- *Spend time in nature every day, even just for a short walk or to sit quietly outdoors. Nature has a way of grounding us and sparking inspiration, helping to clear the mind and foster a sense of inner peace. Connecting with the natural world can provide valuable insights and perspectives as you explore your deepest aspirations and goals.*
- *Listen to uplifting music. Music has an immediate effect on your being and depending on the music, you can get energized, sad, happy, relaxed, and even inspired. Choose music to raise your vibration.*
- *Take a few moments each day to express gratitude for the blessings in your life. Reflect on the things you're thankful for, whether big or small. Practicing gratitude raises your vibration by shifting your focus towards positivity and abundance, encouraging feelings of joy and contentment.*
- *Incorporate physical movement into your daily routine, whether it's through exercise, yoga, or dancing. Physical activity releases endorphins and promotes a sense of well-being, helping to elevate your mood and raise your vibration.*
- *Refocus your attention within, to the intelligence of your own heart and trust it. Instead of being too much in your mind, and getting caught up in overthinking and analysis, shift your focus and listen to your intuition and the inner wisdom that lies in your heart.*



4 Action Four

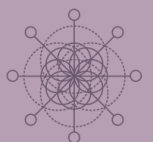
BEING COHERENT

Being coherent and surrounding yourself with high-vibrational people are essential steps in maintaining a positive mindset and raising your vibration.

By staying true to yourself and aligning with your true nature, your thoughts, feelings, and actions are in harmony. Often, there's a disconnect between what we think and what we feel, leading to inconsistency in our actions. When you achieve coherence, everything falls into place.

A key element of coherence is presence, allowing you to mindfully align your thoughts, feelings, and actions consistently.

Furthermore, surrounding yourself with supportive and uplifting individuals promotes a positive mindset and strengthens your commitment to self-growth and well-being.



5 Action Five

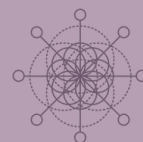
CREATING A SACRED SPACE & JOURNALING

If you don't have a Sacred Space yet, create one.

- Find a spot where you can feel calm and centered.
- You'll need a side table or similar, and a cushion, chair, or sofa.
- Choose objects that are meaningful to you such as candles, flowers, plants, crystals, sounding bowls, chimes, incense, a lamp... your ideas.
- Decorate your Sacred Space with intention.
- Clear your Sacred Space.

Clearing the energy in your space, whether through smudging with sage, and incense, or using cleansing crystals, helps create a harmonious environment.

Take time each day to journal about your thoughts, feelings, and aspirations. Reflective journaling provides a space for self-exploration and introspection, allowing you to delve deeper into your innermost desires and motivations. By expressing yourself on paper, you'll gain insight into your true passions and values, guiding you on your vision quest journey.



6 Action Six

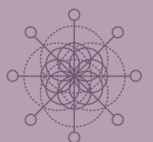
MINDSET SHIFTING

Shifting from a mindset of scarcity to one of abundance is transformative in cultivating a sense of fulfillment and empowerment. Recognize when scarcity-based thoughts arise, such as fear of lack or comparison with others. Then, consciously shift your focus to thoughts of abundance and gratitude.

For example, instead of dwelling on what you lack, focus on what you have and express gratitude for your blessings.

Practice affirmations that reinforce abundance, such as "I attract abundance in all areas of my life" or "I deserve prosperity and success."

By consistently redirecting your mindset towards abundance, you'll invite positivity and abundance into your life.



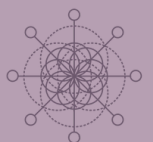
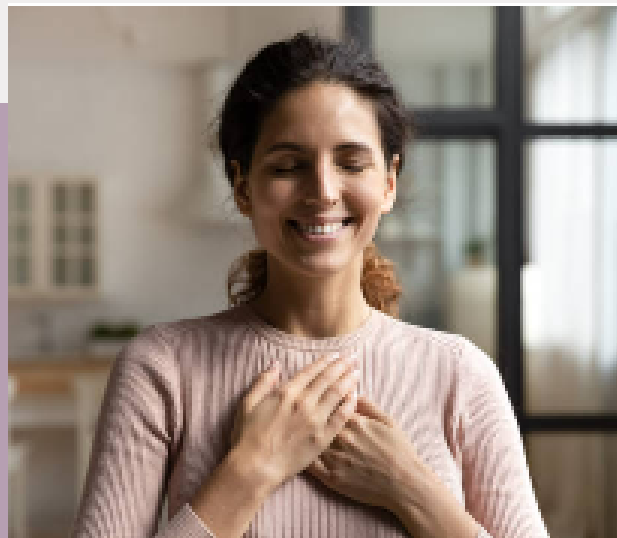
7 Action Seven

CULTIVATING SELF-LOVE

Cultivating self-love is essential for nurturing your well-being and fostering a positive mindset. Take small actions each day to prioritize self-care and self-compassion.

This can range from simple acts like taking a relaxing bath, practicing mindfulness, or indulging in your favorite hobby, to more elaborate self-care rituals such as pampering yourself with a spa day or treating yourself to a nourishing meal.

Set aside dedicated time each day to honor your needs and show yourself kindness and appreciation. Remember, practicing self-love is not selfish; it's a necessary foundation for living a fulfilling and joyful life.



Daily Routine

Day       

1

2

3

4

5

6

7

8

9

10

11

12



MORNING
MINDFULNESS



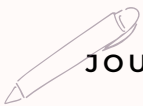
VISION
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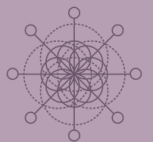
JOURNALING



MINDSET
SHIFTING



SELF-LOVE



Congrats!



You've completed the Mindful Vision Quest Challenge, and I couldn't be more proud of you for embarking on this journey of self-discovery and growth.

By dedicating time and effort to explore your deepest aspirations and goals, you've taken a significant step towards aligning your life with your authentic desires.

As you reflect on your experience during this challenge, remember that the journey of self-discovery is ongoing. Continue to nurture the practices and habits you've cultivated and allow them to guide you on your path to living a life filled with purpose and meaning.

If you're ready to dive deeper into your journey of self-discovery and personal growth, I invite you to explore the opportunities to work with me further. Whether through one-on-one Akashic Record sessions, programs, workshops, or my membership, I'm here to support you every step of the way.

Together, we'll continue to explore your passions, overcome obstacles, and unlock your fullest potential. If you're interested in learning more about how we can work together, please don't hesitate to reach out. I'm excited to connect with you and help you on your journey towards becoming the most fearless version of yourself.

Thank you for allowing me to be a part of your transformational journey. Remember, the power to create the life you desire lies within you. Keep shining bright!

With gratitude,
Lety

"The mind is like water.
When it's turbulent, it's
difficult to see. When it's
calm, everything
becomes clear."

PRASAD MAHES

