

# Leaning Into Your Light

A photograph of a sunset over rolling hills. The sun is a bright orange circle on the horizon, casting a warm glow across the sky. The hills are silhouetted against the colorful sky, and a small body of water is visible in the distance.

**CLARIFY YOUR VISION  
LIVE YOUR TRUTH**

*By: Sara Kingsbury  
Frosthorn Hollow Farm*



You are not here by chance...



You are sensing a deeper calling. A vision far removed from your current reality. One you can no longer ignore. Know that I hear you.

I am inviting you to take a moment and celebrate YOU. Honoring and holding space to explore the deep pull that guided you to this place of self discovery. You know you are meant for more.

**Your inner WARRIOR has spoken.  
Your energy is flowing and  
abundant.  
You are meant for this.**

*By: Sara Kingsbury  
Frosthorn Hollow*



## Reality Check...

If 10-years ago, someone had a crystal ball and forecasted a mirror of your life today, would you have changed your course back then? Where would you be today if you knew what you know now? Would you STILL be in debt from your student loans? Would you have poured so heavily into all those dreams that were meant for someone else? Look, the reality is, it is never too late to course-correct and steer this sacred vessel home.

**The action steps you take today  
bear the fruit of tomorrow, and the  
rest of your life.**

*By: Sara Kingsbury  
Frosthorn Hollow*



## Reality Check...



Your present experience, (your reality, beliefs, thoughts, feelings, your TRUTH) are WHO you are, not yesterday, not who you think you will be 5 years from now, but right NOW.

Breathe in this truth. Allow yourself to feel this powerful pull and **lean on in** because we are about to rewrite the narrative and move into the lives we are meant for!

*By: Sara Kingsbury  
Frosthorn Hollow*



# Finding Clarity in Your Vision



*Know you are EXACTLY where you need to be. Know this is not a race. Truth is, there IS NO FINISH LINE! We are holding space for this sacred journey of self discovery right now. Ready to get CLEAR on who you really are? Find a quiet place, grab your favorite writing implement, and lets dive in!*

*By: Sara Kingsbury  
Frosthorn Hollow*

# Finding Clarity in Your Vision



## 5 Key Questions to Ask Yourself:

*1. What lights me up? What brings a smile to my face?*

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# Finding Clarity in Your Vision



## 2. *What EXCITES MY ENERGY?*

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# Finding Clarity in Your Vision



*3. What sparks my PASSION and  
brings MEANING to my life?*

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# Finding Clarity in Your Vision



4. *What makes me FURIOUS,  
UNHAPPY or SAD?*

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# Finding Clarity in Your Vision



5. *What makes me feel PURPOSEFUL?*

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# Manifesting Your Daily Routine

Manifesting your vision into reality takes daily practice. Lets start by identifying *EXACTLY* how your ultimate, no strings attached, no barriers of entry, **perfect day** would look like. In this vision work focusing on your joy, energy, meaning and purpose, ask yourself these questions:

1. What am I doing?

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2. How am I feeling?

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# Manifesting Your Perfect Day

3. *What sights, sounds, tastes entice my senses?*

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4. *Who am I serving?*

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5. *How am I spending my free time?*

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6. *How much do I earn?*

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# Manifesting Your Perfect Day



7. *Where do I work?*

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8. *How many hours/day am I working?*

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9. *What are my Hobbies?*

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# Manifesting Your Perfect Day



*10. How am I taking care of my body?*

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*11. What are my core values?*

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*12. What necessity is driving me forward?*

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# My Vision



*Now that we have LEANED INTO OUR  
LIGHT and written out our TRUTH,  
WHAT is your BIG BEAUTIFUL VISION?*

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# Obsticales



*The thing about self-limiting beliefs, is that we ALL have them. This overarching voice in your head keeping you in the comfort seat, regardless of how fast you are spinning your wheels and not getting any closer to your big beautiful vision of living a simpler life.*

*I am inviting you to LEAN INTO YOUR LIGHT, your calling, your compass and embrace your unique heartbeat guiding you home.*

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