

Shaping the Mind's Eye Worksheet

“The eye sees only what the mind is prepared to comprehend.”

- Robertson Davies

Preparation

- **Prompt:** What am I preparing for right now, mentally, emotionally, or practically?
- **Exercise:** List 3 actions you can take today to strengthen your readiness.
- **Reflection:** How does preparation change the way you *see* possibilities?

Anticipation

- **Prompt:** What am I anticipating in the near future?
- **Exercise:** Write down 2 scenarios, one hopeful, one fearful, that you imagine.
- **Reflection:** How do these anticipations color your perception of the present moment?

Self-Definition

- **Prompt:** How do I currently define myself (roles, values, identity)?
- **Exercise:** Write 3 words that best describe your chosen identity.
- **Reflection:** How does this self-definition filter what your mind's eye notices or ignores?

Integration

- **Mapping Exercise:** Draw a triangle. Label each corner with *Preparation*, *Anticipation*, and *Self-definition*.
- Inside the triangle, write a vision or image that emerges when all three forces combine.
- **Reflection:** How does this integrated vision guide your choices and actions?

Action

- **Prompt:** What one step can I take today that aligns my preparation, anticipation, and self-definition?
- **Commitment:** Write it down as a clear, doable action.