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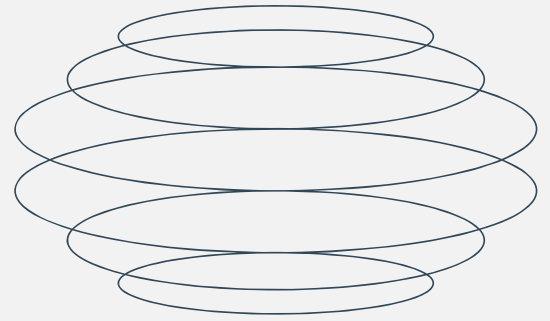


The Creation Guide

Visualization & Journal Prompts to Stay Grounded for 2022

The Value:

CREATION



We operate at the harmonic intersection of Western Science and Eastern Philosophy. Our work is based on data, knowledge and neuroscience, with a strong influence of intuition, connectivity and mindfulness. We are constantly evolving and creating our methods and philosophy.

The Purpose _____

At the beginning of the year, we're all filled with possibility, feeling rested from the busy holiday season and gearing up for our best year yet! That's what Creation is all about — let's introduce scientific and mindful techniques we use to dream big and turn those dreams into reality.

Today we're sharing all about how you can get in and stay in your "creation" flow for the beautiful year ahead of us & beyond.



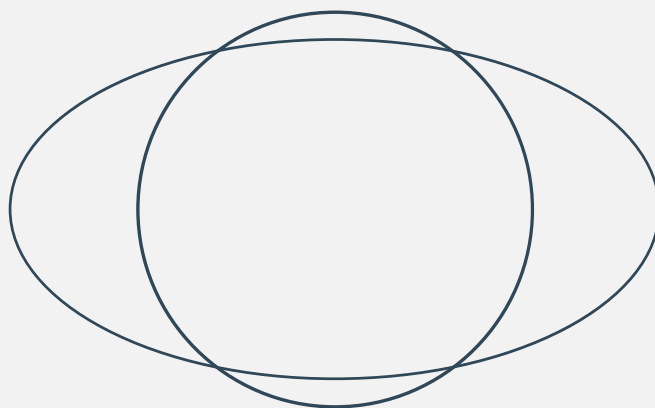
Method I:

VISUALIZATION ---

At Eleven Eleven, we believe that what you think and truly believe becomes your story and reality. To hone in on this, we use the Visualization Method.

What is Visualization?

The method of visualization involves taking the time to ground yourself and literally visualize (read: imagine) what the future will hold for you. This process guides your subconscious to the end goal you have in mind and set your own parameters for how you will achieve that goal... and yes – it really does work!



Visualization Tools & Techniques

There are a few ways you can practice visualization:

1 CREATE A VISION BOARD

Whip out your best cut & paste tools (or get digital with easy-to-use programs like Canva) and create a vision board. Include inspiring quotes and images that represent the process of getting to your goal and the goal itself. Place the board somewhere you'll see it every day so you'll be reminded of what you're working towards.

2 GUIDED MEDITATION & BREATHWORK

One of our favourite methods to use is guided meditation & breathwork. Eleven Eleven's Co-Founder, Tess Sloane, offers a multitude of free guided meditations on Insight Timer App for you to use. We also love Box Breathing as a method – [click here](#) to head to Instagram to learn how you can implement this method yourself!

3 PICTURE & DESCRIBE

The more detail you use when sitting down to visualize goals for the year (or any time!) makes it feel more real. Tune into all 5 senses – touch, taste, smell, sight & sound – in your mind to truly envision yourself living your goal and watch your dreams come true.

Method II:

JOURNALING ACTIVITY

Clarity is power when it comes to our core value of Creation and one of our favourite ways to gain it is through journaling! Here are some journal prompts to ground you and get you started on your goal setting journey for 2022:

- *What was one success or win you experienced in 2021? It can be as big or small as you want it to be!*

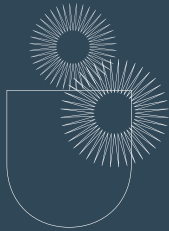


- *Using the Picture & Describe technique from Method , close your eyes and visualize yourself at the end of this year. What does your future self have to say?*

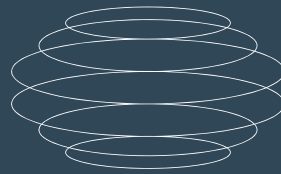


- *Set yourself up with a ritual (AM or PM) that will help ground you in moments of overwhelm or when you need a little pick-me-up.*

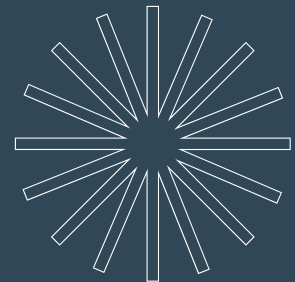




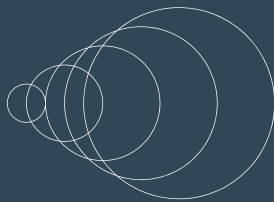
PROSECCO



CREATION



JOY



INTUITION



FREEDOM

11:11 WEEK 2022

5 Days of Value

The Eleven Eleven Difference

DIVERSITY, INCLUSION AND EQUITY

DI&E is an initiative close to our hearts and one we have entrenched our own hiring processes in. Our commitment here is that you can be rest assured we adhere and uphold equal opportunity employment standards to drive and impact your business.

MARKETING INTELLIGENCE

We know the market. We pride ourselves on our research and tracking of data and metrics to maintain a strong understanding of the current market place and what it will take to land talent.

EMOTIONAL INTELLIGENCE

We are the only agency who's trained behavioural interviewing style screens for emotion fit, resilience, emotional intelligence and preserving your culture. This is our edge.

GLOBAL TEAM

We have a robust team of senior level and executive recruiters placed across North America, Europe and Australia expanding our deep global networks of top caliber talent.

RESULTS

Our high quality, expertly vetted candidates consistently produce bottom line results for our clients. Having spent the majority of our careers as internal recruiters, we understand the top priorities of the business and have built our firm on the pain points we experienced working with external agencies. Think of us as your internal, externals.

Interested in hearing how the Eleven Eleven Difference can catalyze your career or organization?

**Get in touch at:
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