




Soulcare with Sheila

7- Day Vision Mapping Program



Includes planner
pages to
manage your
manifestation.

Sheila E. Battle

Created by
Dr. Brittany Berry

Meet Sheila



Sheila has an insatiable passion to see people develop holistically and not merely on the surface. She is the creator of the SoulCare Curriculum which includes a diverse selection of exercises and tools that integrate into the natural flow of real life.

Sheila holds a Master's in Human Services with a concentration in Executive Leadership. She also holds several certifications in counseling and has completed coursework in diverse training methods and practices. Her professional career includes 28 years of progressive leadership experience in both public and private sectors. She is an experienced team builder and lifelong learner who enjoys helping organizations discover the cultural psychology within the workplace.

Sheila was featured as a TEDxRVA speaker in April 2016, and returned as a host in December 2018. She has been a sought-after speaker for secular and sacred audiences for over 20 years. Her fusion of real-life stories and conversational technique connects with audiences at an intimate, intense, and individual level. She is on a mission to inspire people to become more aware, amazed and intentional about discovering the beauty and complexities of life. From boardrooms to performance halls, Sheila has captivated crowds throughout the United States, while her TEDx performance has taken her message around the world.

Sheila and her husband, Frank, live in Richmond, VA with their two daughters, Trinity and Zayin. Their home is affectionately known as the Battle Station.

What 3 things do you
want to do?



Who do you want to be?



How do you want to feel?





Create the life of your dreams in 7 simple steps

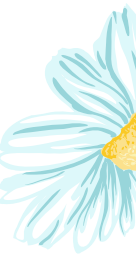
Vision Mapping works to develop the mindsets, attitudes, and habits that create success!

Step 1: DREAM

What do you want to achieve

Step 2: ORDER

Which goals take priority



Step 3: DRAW

Communicate your goals to your subconscious

Step 4: WHY

Identify your emotional drivers

Step 5: WHEN

Define your timeline

Step 6: HOW

Determine the actions you will need to take

Step 7: WHO

Choose the people or organizations that can support you





Vision Map

MAIN GOAL:

SUB GOALS:

I:

WHY:

WHO:

WHO:

WHO:

HOW:





My Week of Manifestation

Week of:

Priority Tasks

Upcoming Events



Don't Forget!



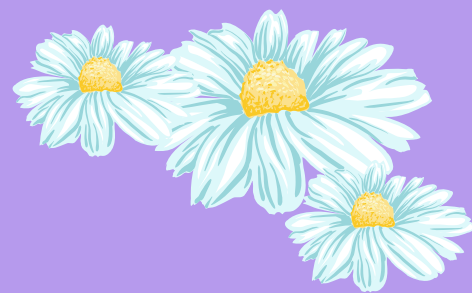
For grace is given not
because we have done good
works, but in order that
we may be able to do them.

Saint Augustine of Hippo

SUNDAY'S DATE:

DAY 1: REST

POWER WORDS: TRANQUILITY - PEACE - RECOVERY



MEALS:

BREAKFAST

LUNCH

DINNER

PRIORITIES:

APPOINTMENTS:

WORDS TO
LIVE BY:

TO DO:

WATER:

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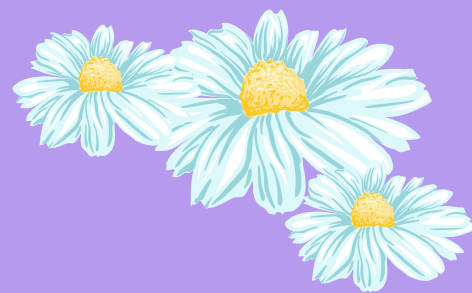
CLEAN THE
HOUSE:

THINGS TO
BUY:

NOTES:

MONDAY'S DATE:

DAY 2: READ



MEALS:

BREAKFAST

LUNCH

DINNER

PRIORITIES:

APPOINTMENTS:

WORDS TO LIVE BY:

TO DO:

[illegible]

WATER:

CLEAN THE HOUSE:

NOTES:

THINGS TO BUY:

TUESDAY'S DATE:
DAY 3: WRITE
POWER WORDS: JOURNALING



LUNCH

DINNER

TO DO:

[illegible]

THINGS TO BUY:

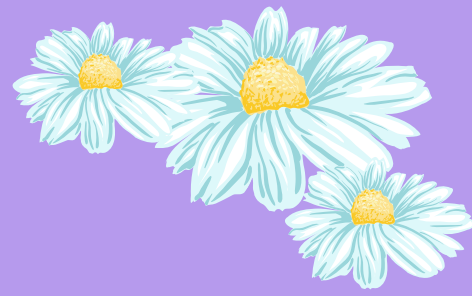
NOTES:

NOTES:

WEDNESDAY'S DATE:

DAY 4: LISTEN

POWER WORDS: ATTENTION - CONCENTRATE



MEALS:

BREAKFAST

LUNCH

DINNER

PRIORITIES:

APPOINTMENTS:

WORDS TO
LIVE BY:

TO DO:

WATER:

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CLEAN THE
HOUSE:

NOTES:

THINGS TO
BUY:

THURSDAY'S DATE:

DAY 5: REFLECT



MEALS:

BREAKFAST

LUNCH

DINNER

PRIORITIES:

APPOINTMENTS:

WORDS TO LIVE BY:

TO DO:

[illegible]

WATER:

CLEAN THE HOUSE:

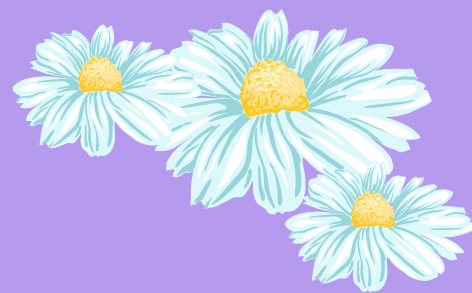
NOTES:

THINGS TO BUY:

FRIDAY'S DATE:

DAY 6: RELEASE

POWER WORDS: FREEDOM - MOVE - EXHALE



MEALS:

BREAKFAST

LUNCH

DINNER

PRIORITIES:

APPOINTMENTS:

WORDS TO
LIVE BY:

TO DO:

WATER:

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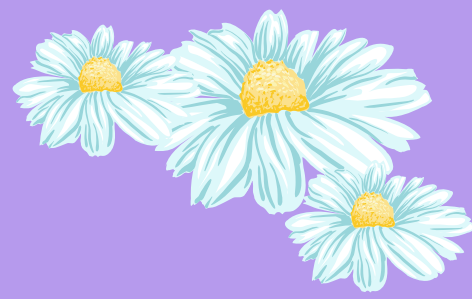
CLEAN THE
HOUSE:

THINGS TO
BUY:

NOTES:

SATURDAY'S DATE:

DAY 7: RECEIVE



MEALS:

BREAKFAST

LUNCH

DINNER

PRIORITIES:

APPOINTMENTS:

WORDS TO LIVE BY:

TO DO:

[illegible]

WATER:

CLEAN THE HOUSE:

NOTES:

THINGS TO BUY:

YOU DID IT!!



Now that you have created
space to rest, read, write, listen,
reflect, release, and receive....
REPEAT!

Build upon the tools you've gained and
new habits you've developed as you
continue moving toward
manifestation!

I am so proud of you for taking this step and
you should be too! I can't wait to hear about
your progress towards manifestation!

Send us your success stories at
info@thebattlestation.org.

If you want to find out more about next steps,
contact us at info@thebattlestation.org!

