

Vision Worksheet: create a compelling statement about who you are and what you do consistently.

Notes:

1. Paint a Picture: show me how you at your best.
2. Key Elements: what aspects of that picture matter the most?
3. Best Experiences: What have been your best experiences to date with those key elements? Tell one or two stories in detail.
4. Core Values: Without being modest, tell me what you value most about your life. What values does your vision support?
5. Motivators: Why do you really want this? What good would come of it?
6. Gap: How large is the gap between point A (where you are today) and point B (your vision)?
7. Confidence: On a scale of 0-10, how confident are you that you can close this gap and realize your vision?
8. Challenges: What significant events do you anticipate you will have to deal with along the way toward your vision? List all those that come to mind. Which ones worry you the most?
9. Strengths: What strengths can you draw on? How can lessons learned in other life successes carry over?
10. Supports: What people, resources, systems and environments can you draw on to help?
11. Brainstorm Strategies: What might be effective ways to realize your vision or meet your challenges. Generate a big list before focusing.
12. Summarize: Put key values, outcomes, motivators, strengths, supports and strategies down in a few sentences.
13. Check In: How ready, confident, and committed are you to take the first steps?

Vision: