

Creating a Vision

After looking at the greater purpose behind your goals, take some time to see and feel yourself *living* your dream. In the vision worksheet we have a short activity where you can take what you've put together and write a vision statement that really captures and helps you visualize the end goal you have motivating what you are doing.

Basic rules for writing a vision:

- Include various aspects of life, including: business, home, location, family, relationships, contribution, travel, leisure, etc. You can decide to write a vision specifically about a certain topic or goal.
- Write the tone and wording of your vision using **The 4 P's**:
 - Personal (I, Me statements)
 - Present (as if it's already happening, not future)
 - Positive (avoid words like "not" or "don't")
 - Passion (put emotion into it)

Do a free-writing activity where you spend at least 5 minutes writing all the details of the ideal life you see and desire. Write as many things as come to you. Then, make a summarized, 1 paragraph version. Having this vision statement can be a great tool to refer to in those moments when you need extra motivation. You can also take your vision and make a physical representation of it, such as photos or a vision board, which can further help you stay focused on the higher purpose behind what you are doing with your life.

Additional Writing Area for Your Vision