

Stepping Up to a Vision for My Life

- Dissatisfied? Feeling stuck, frustrated, hopeless?
- Time to create a picture for what's next in your life.
- Your future canvas is blank and needs brushstrokes of your interests, values, inspirations, preferences, hopes, dreams, and so forth.
- Lay down enough brushstrokes and a picture *will* emerge!
- Now, imagine yourself in that picture and ask, "How did I get here?"
- The answers to that question will inform the steps to take to realize the life you want.



What steps can I
CHOOSE to Do
to get what I want?



- What obstacles do I need to navigate to get what I want?
- Is what I want attainable?

What do I want?

- Goal I want to achieve
- Experience I want to have
- Change I want to make

My current reality

	Choice I can make/Steps I can take	Obstacles to navigate:
Step 1:		
Step 2:		
Step 3:		
Step 4:		
Step 5:		
Step 6:		