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# Vision Worksheet

*An original reflection and planning tool inspired by the kind of vision-centered guidance Professor Mike Redlin has shared with others.*

Use this worksheet to see more clearly what is true in you, what future you want to help create, and what may be blocking that vision.

## 1. Begin with what is already alive in you

Before you write a vision, ground yourself in strengths, values, and the kinds of moments that make you feel most fully yourself.

**What strengths or qualities come most naturally to you?**

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**When do you feel most energized, useful, or deeply “yourself”?**

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**What kinds of people, places, or problems are you most drawn to help?**

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## 2. Picture the future you want to help create

Vision is seeing language. Describe the future as if you can already glimpse it.

**If your work and life were aligned at their best, what would be true?**

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**What would others be experiencing because of your contribution?**

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I would see...	People would feel...

### 3. Put your vision into one clear statement

Draft one sentence that begins with possibility and belonging, not performance.

**My vision is...**

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## 4. Notice what may be blocking your vision

Sometimes the issue is not that we lack vision. It is that something is clouding it. Reflect on the blocks that most often show up for you.

Possible Block	How it may sound inside	How true is this for me right now?
Insecurity	I doubt whether I am capable or qualified to imagine something bigger.	
Ego	I tell myself I must figure it all out alone or stay in control.	
Inadequacy	I feel too small for the future I can sense.	
Rejection	I fear others will dismiss, misunderstand, or not support what I see.	
Weariness	I am too depleted to hold onto the deeper picture.	

**Which block is most active for you right now, and what has likely contributed to it?**

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**What would help loosen that block — rest, encouragement, structure, conversation, courage, or something else?**

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## 5. Choose one next step

Vision becomes more real when it is paired with one faithful action.

**What is one small but meaningful action you can take in the next 7 days?**

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**Who could encourage you, challenge you, or help you stay aligned with this vision?**

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## 6. Keep one sentence close

Finish with a sentence you can return to when the fog rolls in.

**Right now, I want to remember that...**

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*“The finest teachers rarely make themselves the center of the story. Instead, they illuminate something in others.”*

Original worksheet prepared for Uta Birkmayer’s Professor Mike Redlin post series. This is a newly created worksheet, not a reproduction of any third-party workbook.