

A comprehensive guide to unearth

Your Life Vision you got this!

Step 1: Firstly we must know,

Who am I?

Before we start we must first know where we are starting from.

Tell me your personality traits you're most proud of!

I am...

What do you admire most about your role models?

I admire their...

What hobbies or interests do you enjoy sharing the most?

I am obsessed with...

How would you like to be? How would you like to feel?

I want to be...

What do you value in life? What's most important?

I value...

When and where do you work best?

I am at my best when...

What are are you great at that people pay you for?

I am great at...

What do people come to you for help with?

I often help people with...

Why do they come to you?

They come to me because...

Step 2: Taking it all in and distilling your

Life Purpose Statement

This statement is a culmination of the previous exercise; taking all that you think about yourself and distilling it into a simple declaration of your percieved life's purpose.

From the previous exercises, pick your top responses for each section.

I am
who admires
I am obsessed with
and want to be
I value the importance of
and work best when
I am great at
and people come to me for
because

Example: I am a self-sufficient woman who admires those with strong leadership skills. I am obsessed with caring for those around me and want to be a better provider. I value the importance of community and work best when I'm surrounded by like-minded people. I am great at listening and people come to me for advice on all aspects of life because I've lived a long life already.

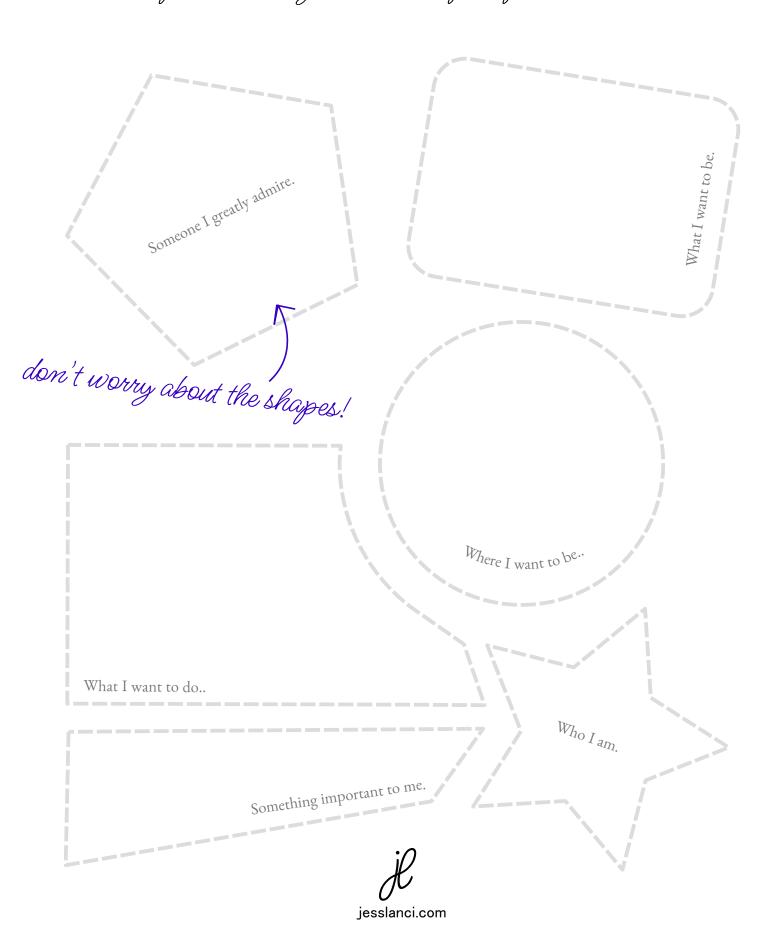
Step 3: It is time to visualize your

Life Purpose Statement

In this exercise we will create a vision board with a basic template.

or make your own!

Find photos or images that suit the prompts in each outline.



Step 4: Focus and harness the

Power of Your Mind

Your mind is a powerful tool that can help you unlock new solutions, identify valuable resources and overcome challenges.

The next step is to align your mindset with your life purpose statement.

Creating this alignment is one of the most transformative actions you can take.

With your newly formed Life Purpose Statement we must link it back to your core values.

How will this life give me even more of what I value?

Think back to the previous exercises; think of how your defined life purpose can give you more of what you love.

How many ways can I continue to build this life purpose?

List as many ways as you can think of.

jesslanci.com

take your time.

Step 5: Finally it is time to

Make a Plan!

Actions speak louder than waiting.

Imagine you're living true to your Life Purpose, what were the key goals and actions that you took to achieve this life?

Goal #1	Goal #2
Actions	Actions
Goal #3	Goal #4
Actions	Actions
Goal #5	Goal #6
Actions	Actions

Now it's time to

Live with Purpose!

If you need help figuring out your life vision or would like support with implementing your plan, then Email me for a complementary strategy call.

J'm here to help!

jesslanci.com