



A comprehensive guide to unearth

Your Life Vision

you got this!

Five steps of transformational tools, mindset shifts and action steps to unlock your dream career.

Step 1: Firstly we must know,

Who am I?

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



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Who am I?

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...



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What do I value?

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 do I perceive is my value?

What 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...



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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 perceived 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!



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

Someone I greatly admire.

What I want to be.

don't worry about the shapes!

Where I want to be..

What I want to do..

Something important to me.

Who I am.

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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.

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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	
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Actions

Goal #2	
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Actions

Goal #3	
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Actions

Goal #4	
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Actions

Goal #5	
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Actions

Goal #6	
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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.


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I'm here to help!

