



3 Month Vision Worksheet

How I'd like my life to be



HIGH PERFORMANCE
COACHING SERVICES

INSTRUCTIONS: Allow yourself 20 minutes of quiet time to consider these questions that help you create and shape your vision for your next 3 months. Write your answers in the PRESENT tense, and be as SPECIFIC as you can.

1. How do I want my life to be? Write below how you'd like each area to be in 3 months' time:

i) Personal Life, Home and Family

ii) Career, Work and Business Life

iii) Health and Well-being

iv) Finances

v) Community, Friendships

vi) Spiritual and Learning

vii) Write anything else, that you perhaps haven't mentioned yet here:

2. What if there were no obstacles?

3. Who do you need to BE to achieve this? I need to be someone who is

4. If there was one important CHANGE you could make over the next 3 months, what would it be?

5. My THEME for the next 3 months is: _____