

EXERCISE

Before writing your personal vision statement grab a piece of paper to begin jotting down some responses to these questions to help guide your thoughts.

- What are the ten things you most enjoy doing? Be honest.
- What three things must you do every single day to feel fulfilled in your work?
- What are five to six of your core values?
- Envision a positive future in each of the following areas: health and fitness, spiritual, work or career, family, social, education, financial, and fun.
- If you never had to work another day, how would you spend your time?
- When your life is ending, what will you regret not doing, seeing, or achieving?
- What do you want to be known for?
- What role do you want to play in your family, work, and community?

Your life has a number of important facets or dimensions, all of which deserve some attention in your personal vision statement. Once you have thoughtfully prepared answers to these questions and others that you identify, you are ready to craft a personal vision statement.

CREATE YOUR PERSONAL VISION STATEMENT

Write in first person and write statements as if you are already making them happen in your life. Some experts recommend 100 words or less, but we recommend you fully articulate the vision you want for your life and your future, than be limited by word count.