

Faithfully Growing



Your Life Story

Date:

Name:

I strongly believe that we are each the creator and director of our own life drama, able to create “on purpose” what our life will look like, feel like, and be like.

It is your opportunity and responsibility to write the script, be the producer and director, and to gather the other characters in your life drama. Some people live painful dramas or unfulfilling dramas, but if you are conscious and on purpose with what you want your life to be, it has a much greater chance of evolving into your vision.

So how does one begin designing one’s life? First of all you can begin to revisit and remember dreams and desires from your younger years. What drove you? What did you want to become? Who did you admire? Divide your life into thirds and ask yourself what accomplishments or happy events occurred in each third of your life? What values were represented? Are those values still present?

Exercise: My personal lifestyle

Read through the following sentences and answer as if your life were exactly as you would like it to be. Let this be an accurate reflection of what you envision for your ideal life. After you have completed all these pieces of your Personal Vision, you can write a summary paragraph that encapsulates all your intentions, desires and values.

1. In my family life I am committed to... (spending time with, enjoying, teaching, working with, taking care of) my...(spouse, partner, friends, family and/or children).

2. For recreation and fun, I enjoy

3. My home environment will be...(nurturing, comfortable, a place for entertainment, on the water, spacious, have a home office, in the city, in the country, etc.)
4. My retirement home will be...(a cabin in the mountains, a seaside condo, a small restored Victorian home, a large, spacious home to accommodate visiting grandchildren and guests, a large motorhome, a houseboat.)
5. My hobbies, passions, interests are...(world travel, politics, reading, writing, sports, gardening, martial arts, etc.)
6. I will maintain (or regain) my health by...(exercising, eating healthy foods, lowering my stress, meditating, etc.)

(This exercise was adapted from Shawn Mcnallis with Atticus of Orlando, used with permission)

Exercise: My professional life

1. I will concentrate my work in the areas of...
2. My work environment will be... (spacious, comfortable, a home office, efficient, well-organized, etc.)
3. My financial plans are to... (earn a minimum of ...per year, save 20% of my income, leverage my investments to retire at age... with a yearly income of... , allow for 4 vacations a year, buy a retirement home, etc.)
4. My business philosophy is one of... (integrity, leadership, dedication to my clients, providing superior coaching and modeling for my clients, being known as an expert in my specialty, etc.)

Personal Vision Worksheet

Using the information you have gathered about yourself in the preceding exercises, write your personal Vision in paragraph form. You may do a rough draft and then polish it in the weeks to come.

In my personal life I am committed to

In my professional life I am committed to