Creating Your Vision Worksheet

This worksheet goes along with the video training, "Creating Your Vision".

Print and follow the guidelines to create the ultimate vision for your life.

FIRST:

To start creating your ultimate vision you will need to go to an environment that inspires you. (ex. a water garden, the beach, art museum, a park... etc.)

Step 1 - **Write a paragraph or two answering following questions:**

- What do you want to create for your life?
- If all of a sudden you had the energy again like you were a little kid and the journey had just begun, what would you be excited to tackle?
- What would get you up early and keep you up late at night?
- What would your life be about?
- What does that vision look like?
- If you had no fear about moving forward, what would you do in your life?
- What challenges might you be excited to overcome?
- What do you want to contribute to your own life and the lives of others?
- What do you want to give, create, be, feel or share?

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Step 2 - What emotions do you feel when you think about your vision? What exactly has the power to move you to action? How does it make you feel? **Answer on the lines below.**

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Step 3 - **Add specifics**. How much time do you need to see this vision a reality? Where will you be living? How much money do you want to be giving each month to your favorite charity? What kind of car do you want to buy for yourself or a family member and what color is it? Your vision should provide some detail about the results you are going to achieve in your life. **Write the details below**:

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<u>Step 4</u> - Take the answers to your questions in step 1, the emotions you described in step 2, and the specifics you wrote down in step 3 and compile them to **form your ultimate vision for your life below,** <u>BUT</u> there is no need to make your description perfect:

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"The ultimate vision flows from knowing we have a special and unique purpose on this planet."

~ Anthony Robbins