

INTRO - THE WORKSHEETS

THE PRACTICE OF SETTING YOUR VISION & GOALS

Setting a 10-year vision and the goals that support it allows you to create a clear picture of an ideal future and what it takes to get there. Jumping 10 years into the future inspires you to dream big because it removes the constraints of time, money and knowledge. Creating goals from your vision allows you to make a plan for achieving your ideal life. Get ready to step into the world of possibility and to create your future!

THESE WORKSHEETS WILL:

- support you in getting clear on what you want in your life
- assist you in determining how personal, health and career show up in your life
- allow you create a picture of who you are and what you'll have achieved in the next 10 years
- invite you to write a draft of your vision – an exciting glimpse into your future
- support you in writing goals that link up to your vision

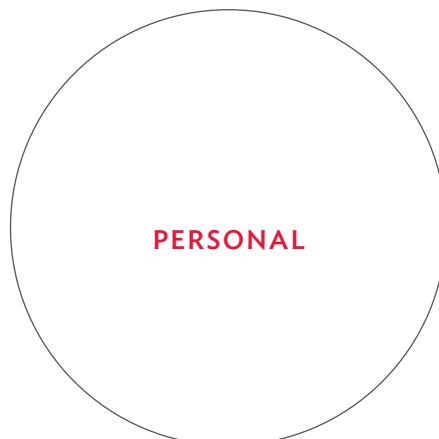
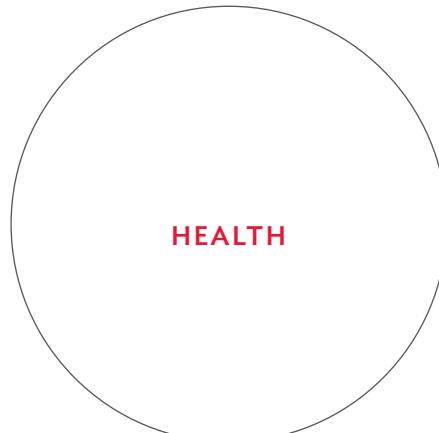


MIND MAP

This is a simple, yet powerful exercise. In order to set goals in health, personal, and career it's helpful to know what each of these domains of your life mean to you. This will support you in clarifying what will be important to include in your vision & goals.

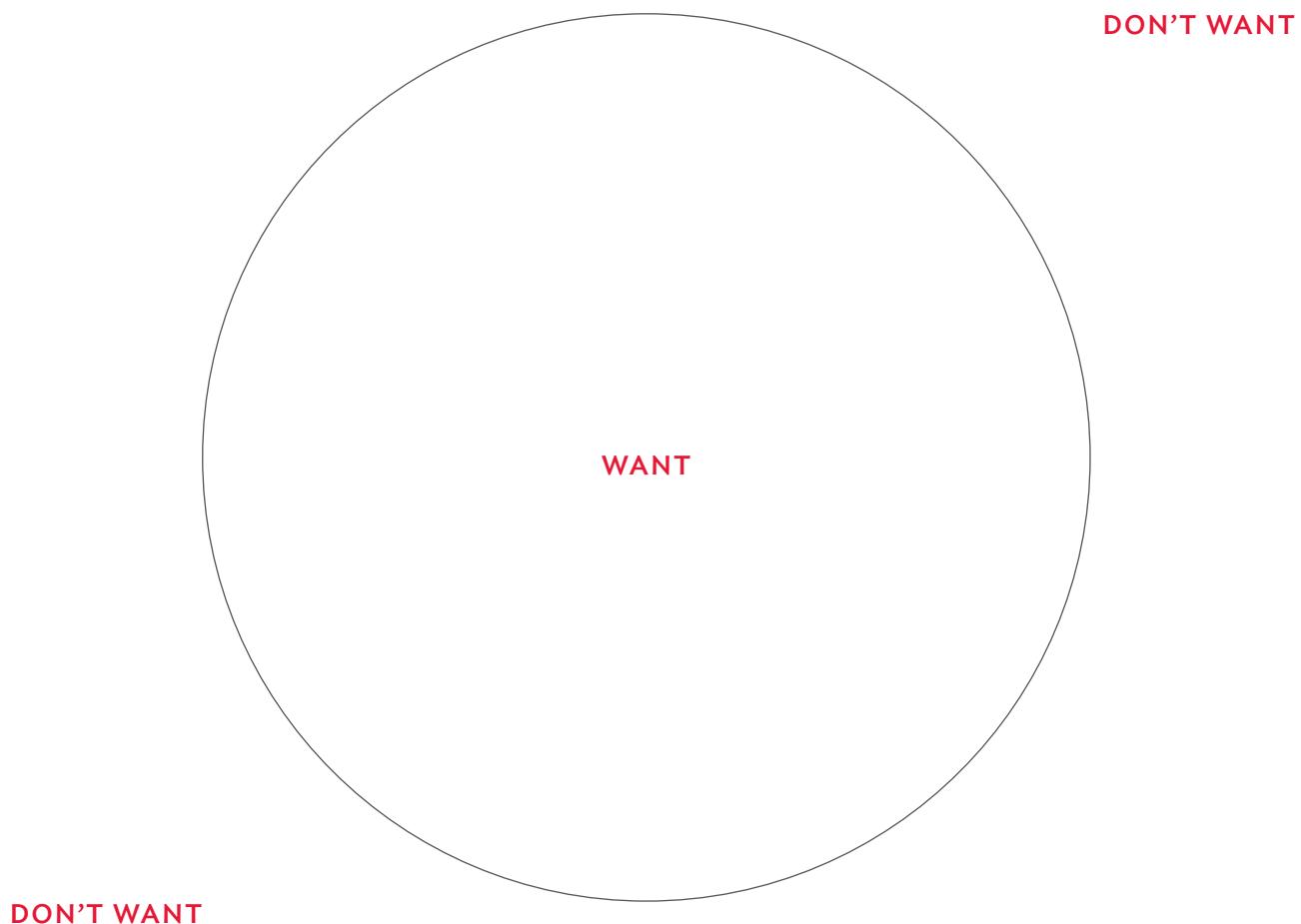
Within or around each circle, answer the questions:

- What is ideal in my health/personal life/career?
- What does health/personal/career mean to me?
- What words come up when you think of each area?



WHAT DO YOU WANT?

The law of attraction causes us to attract the things that we are thinking about into our lives, it is important to know what we want! Use this simple exercise to get clear. Place what you do want in life inside the circle. Place what you don't want outside of the circle. This will help you focus on what is important for you to have in your vision & goals. Consider what you want in: health, career, contribution, family, relationships.



WHO I AM IN 10 YEARS

In 10 years I am _____ years old

In 10 years I feel _____

In 10 years I am _____

In 10 years I contribute by _____

In 10 years my achievements include _____

In 10 years I've experienced _____

In 10 years I love _____

In 10 years I'm surrounded by _____

In 10 years I'm a point of inspiration and influence for _____

In 10 years I'm helping to bring into the world _____

YOUR 10-YEAR VISION

Writing a vision authentic to you takes time and practice, so be generous and let go of needing it to be perfect the first time. Try out different ways of writing your 10-year vision—just the facts, a story of your day 10 years in the future, a party where people are acknowledging you—there's no wrong way to write YOUR vision. You'll know that you're heading in the right direction when you are excited and nervous reading it. Don't forget to take a look at the work you've completed already on the previous worksheets. These exercises connect you to who you want to be and what's important for you 10 years in the future. Write your first draft on the next page.

YOUR VISION:

- is based on the idea that in ten years ANYTHING IS POSSIBLE
- articulates your greatest ambition
- supports you right now in making choices that lead you to your exciting future life
- can be changed by you at any time, it's yours
- is not what other people want for you. It is what you want for you

MY VISION

What does your life look and feel like in 10 years?

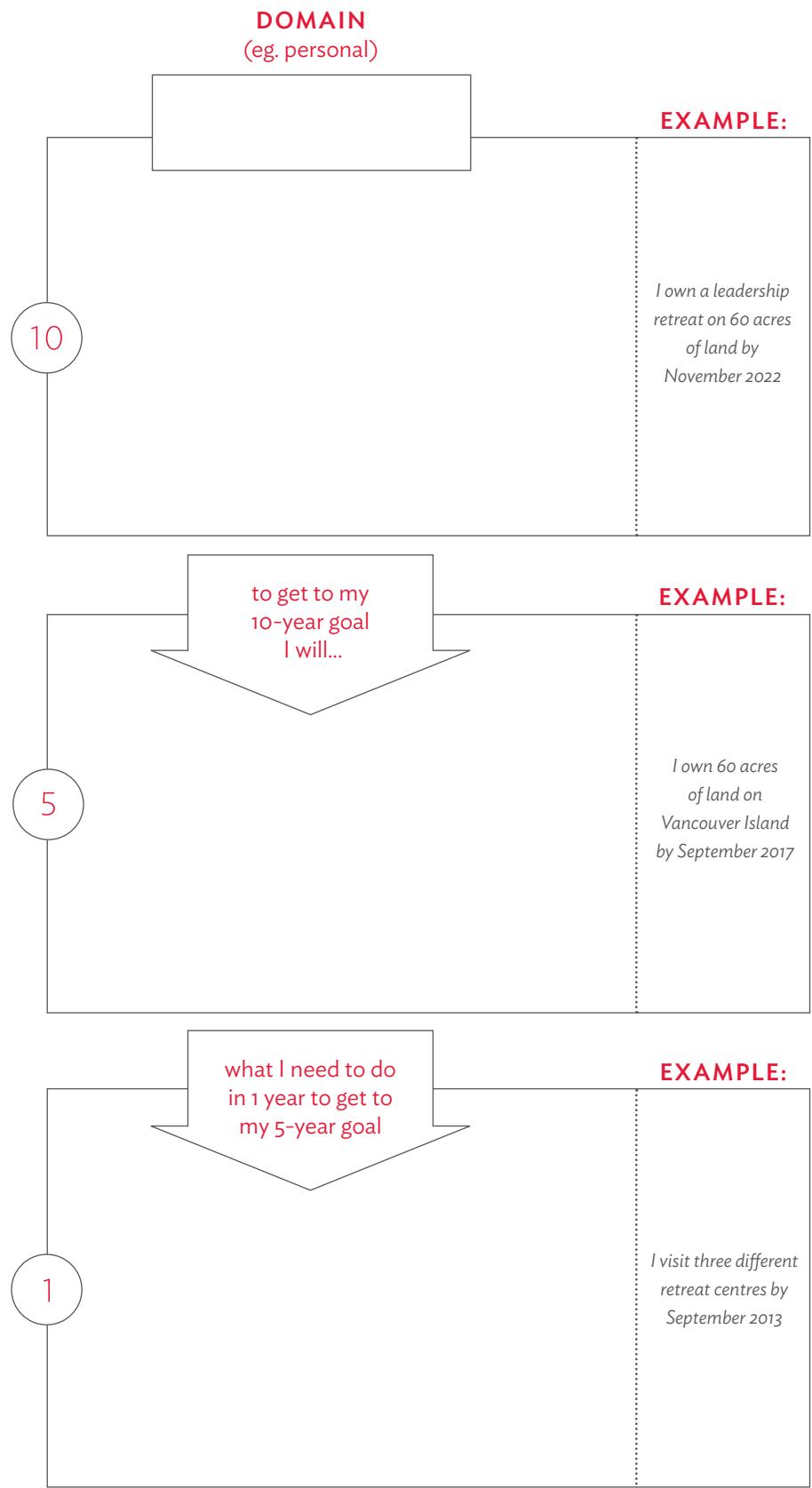
GOAL WORKSHEET

Congratulations on writing your vision! Now it's time to pull some 10-year goals from that vision and trickle them back. Choose a 10 year goal in either personal, career or health and plug it into this worksheet.

YOUR GOALS:

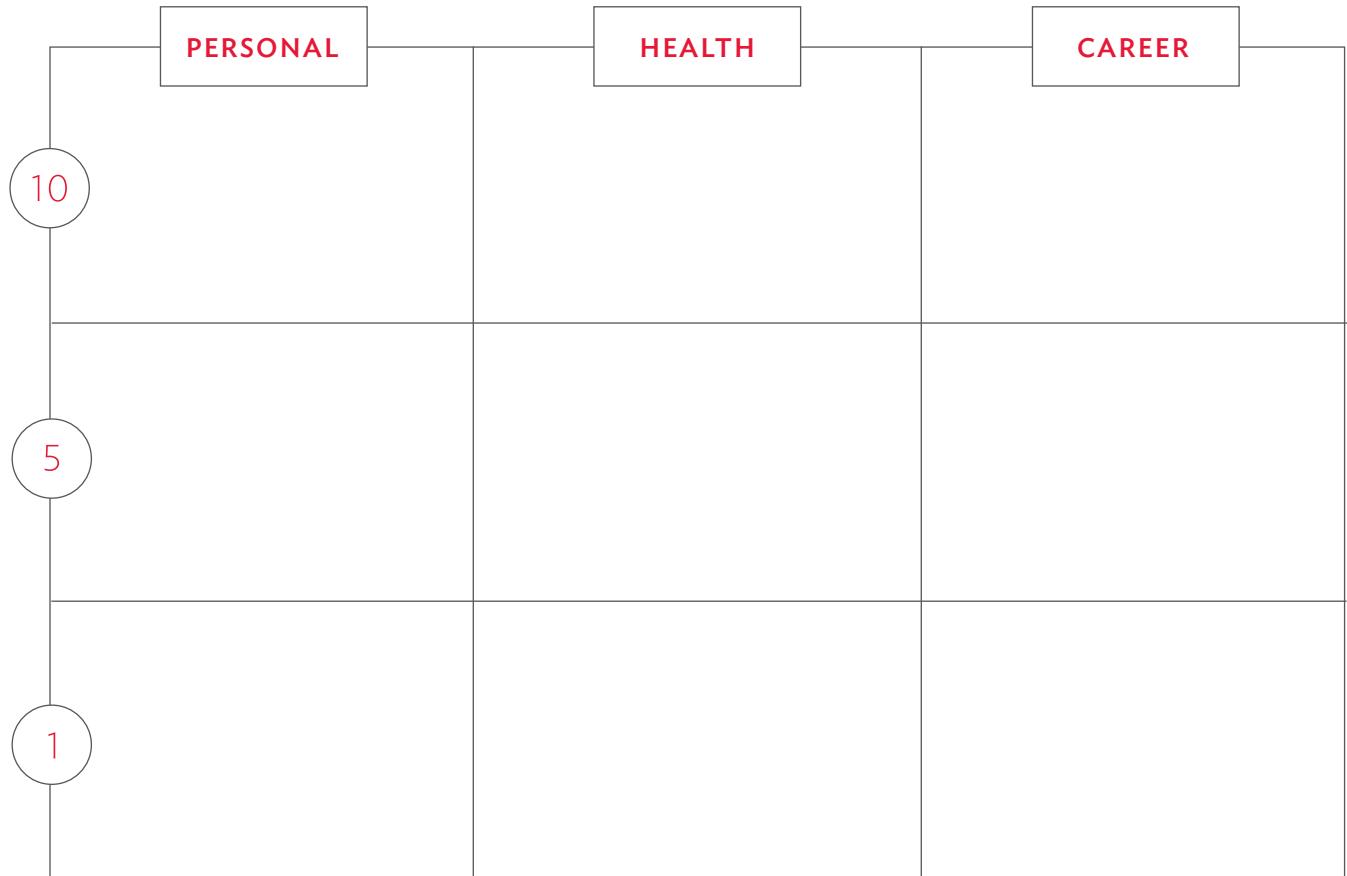
- trickle back- start with the end in mind. Set 10-year goals first, then move backwards to 5 years and then 1 year
- use affirmative language. State what you want, not what you don't want
- are in the present tense: I am. I have. I create.
- are measurable (I visit three retreat centres by December 2013) so that you can check them off
- have a deadline - decide by when your goal will be complete, this helps to get you into action

Choose one 10-year goal that is apparent from your work discovering your vision and place it into the worksheet below. Then repeat for all domains (personal, career and health) to complete the first draft of your goals!



YOUR VISION & GOALS

Rewrite your vision here – remember that it doesn't have to look the same as the first time you wrote it. Fill in your goals, working back from 10 years to 1 year in the future. Post this sheet up where you can see it every day. Have it influence your choices. Remember you can change ANYTHING in your vision & goals ANY TIME you want.



NOW WHAT?

The practice of setting your vision & goals is just that: a practice. You will find that your vision expands as you practice the art of removing perceived constraints (“I don’t have the money/time/knowledge”) and get more connected to what you truly want. Your goals will become more courageous and scary-exciting.

By simply focusing on what you want, you will be aware of opportunities around you that help you achieve your goals.

NEXT STEPS CHECKLIST:

- Print out the worksheet package and do all the exercises again – see what remains the same and see what has changed. Ask “why?” Get curious.
- Print out your vision & goals and post them in a place you frequent daily so that you read them and increase your connection to them.
- Share your vision & goals with your friends and family – ask them to support you.
- When making a decision, ask yourself if your choice leads you closer to, or further away from your vision.
- Take a look at your 1-year goals. This is where ALL the action happens. What you could do this week to move closer to a goal? Schedule it in now.
- Stay present to enjoying the journey along the way.