

## PERSONAL VISION STATEMENT

A Personal Vision Statement ("PVS") creates a core foundation for your future success. It's your opportunity to design your future by intention, also called "*power of intention*." It can be a challenging activity to actually sit quietly and contemplate who you are, and what you want for yourself. This activity only works if you take the time to reflect and are genuine in your responses. There is tremendous power in doing this activity.

Most of us evolve in life through the experiences we have, or occasionally creating goals for ourselves, such as a New Year's Resolution. However, this activity is bigger by first evaluating the inner core of who you are, then aligning it to your purpose so you can ensure that subsequent activities support it. You can supplement this by also doing a visual representation. For more information on doing a "**Vision Board**" go to this link and click on "Goals and Vision Board" <http://mycoachken.blogspot.com/2013/01/how-to-achieve-your-goals-in-one-step.html>

**YOUR NAME:**

**PART 1: SELF ASSESSMENT** (use either this chart, or the #1 underneath the chart)

a) What 4 adjectives would you use to best describe you?	b) What 4 adjectives would others use to describe you?	c) What 4 personal traits are you not proud of?

1) Answer these 3 statements either in the cart shown above, OR by using the open text statements below.

A. What 4 adjectives would you use to best describe you?

B. What 4 adjectives would others use to describe you?

C. What 4 personal traits are you not proud of?

2) What do you love about yourself? Strengths, gifts, values, etc.

3) What are you passionate about? What drives you?

4) I feel my best when.....

- 5) What are your core Values? How do you operate in pursuit of your life and work? Values are standards of right and wrong and the basis of all your decisions each day. All of us have many values. "Core" means that you would shut down your business, or terminate a relationship for violating these values. There should be a least three, but no more than eight. Write each value in terms of behavior. What would someone see if they observed you demonstrating this value?
- 6) Describe a brief bio about yourself. (Your age, background, education, significant life experiences, accomplishments, hobbies, limitations, etc. Try to keep it to one paragraph, but it's ok to go longer.)

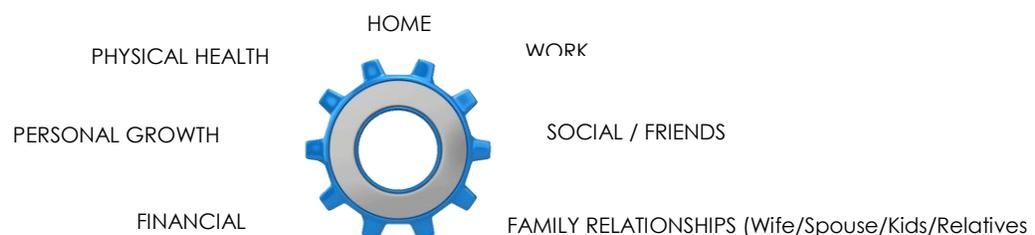
## PART 2: VISION

**INSTRUCTIONS:** Write your vision of success for each of these "domains" in your life that describes in detail what success looks like AND how it feels. When writing what it looks like, imagine what someone else would see if they are admiring or observing you and your success. If you need inspiration, think about someone that you consider to be successful. What are the qualities and characteristics that you want to incorporate into your own life? When writing how it feels, imagine what the experience would be like and how it would make you feel.

Even though this is your vision of the future, write your statements in present tense versus goals, such as "My home is..." versus "I want to have..." Other examples might include "I am often surrounded by people who..." "My career/business is..." "I can hardly wait to wake up each morning because my work is... and gives me..." "My team at work is collaborative and positive when communicating with each other so we never feel any negative tension..." "I am in love with..." "My spouse / soulmate accepts me for..." "When I see my partner/spouse I feel..." "My partner has (job, qualities, values of... " or "My friends are..." "My friends make me feel..." "I am making \$xxx annually which comes from...and makes me feel excited... grateful to have..." "I am energized by..." "I treat my body with reverence and only eat..." "I will maintain good physical health with daily exercise as part of my lifestyle throughout life... which is essential to my physical and emotional balance and well being" "I will have several children because..." "I will teach my children... and expect them..."

Each domain must be more than one sentence, but should not be more than one page. Your statements should be very descriptive to give the reader (me, you, or anyone else who would read it) a total understanding so that we are able to visualize what your success looks and feels like. **All your answers should be written in positive terms of what you want to attract, not negative terms of what you are trying to avoid.**

If you are unsure how to answer any of these questions, then ask yourself the opposite question. For example, if you are unsure how to describe your ideal friends, or partner, then consider people with whom you've terminated a friendship or relationship. What qualities or behaviors did that person demonstrate which annoyed you? Then, use that information to write the positive qualities that describe good friends and relationships.



7) **HOME** (Physical environment of your home or apartment) - Such as what does it look like, size, location, rooms, yard, décor, etc. What do you see when you wake up in the morning? How does it make you feel?

Answer:

8) **WORK** - What do you see yourself doing when you're at the top of your game in whatever work makes you happy? Are you employed by a company or independent? Are there phases or a direct path to it? How is the business structured? What is the environment or organization culture like? How does it feel to be doing the work? How are you treated at work and/or treat others?

Answer:

9) **SOCIAL / FRIENDS** – Describe your ideal friends why they are your friends. If you have trouble identifying the qualities of your ideal friends, then consider the opposite, such as why you terminated a friendship.

Answer:

10) **FAMILY RELATIONSHIPS** (Wife/spouse/kids/ and relatives) - Describe roles they will play in your life and how you will be with them. Describe your ideal spouse. If you want children, what do you want for them.

Answer:

11) **FINANCIAL** - Describe in detail the money you want to make, how much, how does it come to you, what you do with it, the value and meaning that it has for you.

Answer:

12) **HEALTH** – The physical health & fitness of your body and lifestyle.

Answer:

13) **PERSONAL GROWTH** – Emotional health. What you want to learn, experience, and/or evolve as a person in society? How do you see yourself relating to the world, taking receiving, and/or impacting it. Does it include travel? If yes, for what purpose? What emotional development do you want for yourself?

Answer:

14) **OBSTACLES** - What do you feel are personal obstacles for you either personally or in society?

Answer:

**PART 3:** Visual Vision Board (**optional**) - Create a visual representation of your ideal future by inserting images that represent these domains of your life.

