

## Creating Your Vision Worksheet

*What one problem, if you were to handle it fully, would represent a massive improvement in your life?*

Or

*What one dream, if you were to realize it, would be deeply fulfilling?*

These questions don't create your vision, and they are a good starting point for working on it. Consider where you would like to be a year from today through the context of these questions.

As you create this vision, allow yourself to be creative and have fun. What would be really cool or insanely rewarding or super fun? Be careful to stay out of "how" and "that won't work because" types of thoughts. There will be time for that later. For now, stay in dreaminess.

Write out your vision for yourself 12 months from now. Include a lot of detail. How much money do you want to be making? How do you want to feel inside? What do you want your relationships to be like? What habit do you want to have mastered? What new skills will you have developed? ETC...

Include all (or as many as possible) life domains. Really tell the story of who you ARE a year from now. This should be robust..give yourself plenty of space to give this story a lot of meat.