

PERSONAL VISION EXERCISE

Imagine yourself at some point in the future, perhaps five years from now. You've worked hard to engineer a life that is incredibly rewarding. You are doing work that is satisfying and fulfilling, and you look forward to each new day. You've earned a sense of well-being—you are content with your home life, professional life, your relationships, and your self-image. You earn an income that suits your lifestyle. Using the following prompts, describe how your life looks and feels. Use the present tense to describe it. If these categories don't work for you, invent your own. And spend more time on the elements that are most important to you.

Work

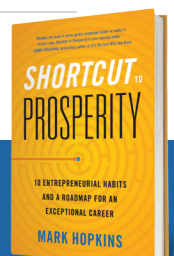
Describe what you do for a living. What kind of a company do you work for? Do you work alone or with a team? What are your responsibilities? Describe anything you can about the type of work you do, why it is valued and by whom, and how it allows you to leverage your values and strengths.

Home

Where do you live? What does your home look like and how is it a good fit for you? The more details the better.

Relationships

Describe the important people in your envisioned life. Spouse? Family? Friends? Business associates? Pets? How will they help your life be more fulfilling? How do your values play out in your relationships with them?



Health

Are you healthy, fit, and full of energy? What do you do to achieve that? How do you manage stress? How do you maintain a positive outlook?

Self-Image

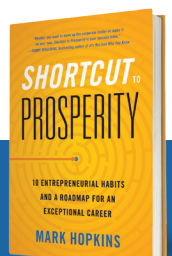
How do the important people in your life describe you? Why do they treasure the opportunity to work with you, hang out with you, or love you?

Fun

What are the activities that recharge your batteries or give you satisfaction outside the work environment?

Tangibles

It's OK to put voice to the things you want in your life, even the material things. They help make your vision real. How much money do you make? How much money do you have saved? What things do you have that are important to your lifestyle and your enjoyment of life?



Community

What do you do to give back? The successful people I know gain as much (or more!) satisfaction from helping others.

Faith

This may or may not be part of your personal vision. If faith is an important part of your life, then you should include it in your personal vision. How do you plan to observe your faith in your envisioned life?

Life Purpose

For most people, this is the toughest question. Write down some thoughts about the essence of what you are here to do and what you would like your legacy to be. Elements of this are woven through your answers to the previous questions, so don't worry if you don't have a distilled purpose statement.

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