

Visioning



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The WHY of Visioning

1. **Get in touch with your CORE desires.** Articulate them. *Feel* them.

Knowing your core desires and knowing what you truly want enables you to create a life by your design → It is impossible to create that which we cannot envision.

1. **Establish your North Star**

You need to know what you're striving for and why. In order to make clear plans, you must get clear on what you're wishing to accomplish. Also, you won't be easily distracted by possibilities and agendas not aligned to your vision



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Your Vision: 3 Years from Today

For shorter/longer term goals use shorter/longer time periods (i.e. 1 year, 15 years, etc.)

Who do you wish to
become?

- ❖ Physically
- ❖ Mentally
- ❖ Spiritually
- ❖ Emotionally

What do you wish to
accomplish?

- ❖ Financially
- ❖ Professionally
- ❖ Impact &
philanthropy

What quality of life
do you wish to

- ❖ Lifestyle
- ❖ Personal comforts
- ❖ Relationships



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Visioning Framework Worksheet – 1/3

| | Area of Life (Prompts) | Aspirational (15+ Years) Age: | 3 Years From Now Age: | 12 Months From Now Age: |
|------------------------|--|----------------------------------|--------------------------|----------------------------|
| Who do you want to be? | Physically: <i>What do you look like? What are your physical practices?</i> | | | |
| | Mentally: <i>What mindset changes have you made? Are you more confident?</i> | | | |
| | Spiritually: <i>How do you get in touch with yourself? Meditation? Exercise? Religion?</i> | | | |
| | Emotionally: <i>How have you matured? Can you handle tough situations and conversations?</i> | | | |



Visioning Framework Worksheet – 2/3

| | Area of Life (Prompts) | Aspirational (15+ Years) Age: | 3 Years From Now Age: | 12 Months From Now Age: |
|---------------------------------|--|----------------------------------|--------------------------|----------------------------|
| What do you wish to accomplish? | Financially: <i>What's your net worth? How much income will you earn?</i> | | | |
| | Professionally: <i>How do you want to spend your time? What kind of people do you want to work with?</i> | | | |
| | Impact & Philanthropy: <i>What ignites your soul when it comes to the service of others?</i> | | | |



Visioning Framework Worksheet – 3/3

| | Area of Life (Prompts) | Aspirational (15+ Years) Age: | 3 Years From Now Age: | 12 Months From Now Age: |
|--|---|-------------------------------------|-----------------------------|-------------------------------|
| What quality of life do you wish to create? | <p>Lifestyle</p> <p><i>Where do you live? What's your ideal vibe / pace of life? Do you take time off during the year?</i></p> | | | |
| | <p>Personal Comforts:</p> <p><i>What kind of experiences, possessions, and services will provide the comforts you want? Physical rewards (your home, car, and other possessions, of your rich and rewarding lifestyle) should be used as an acknowledgement of your achievement. They should not be used to fabricate who you are or as a bandage for emotional pain.</i></p> | | | |
| | <p>Relationships:</p> <p><i>What kind of love relationship do you want? What kind of relationship do you want with family? Friends? Mentors? Partners?</i></p> | | | |

