



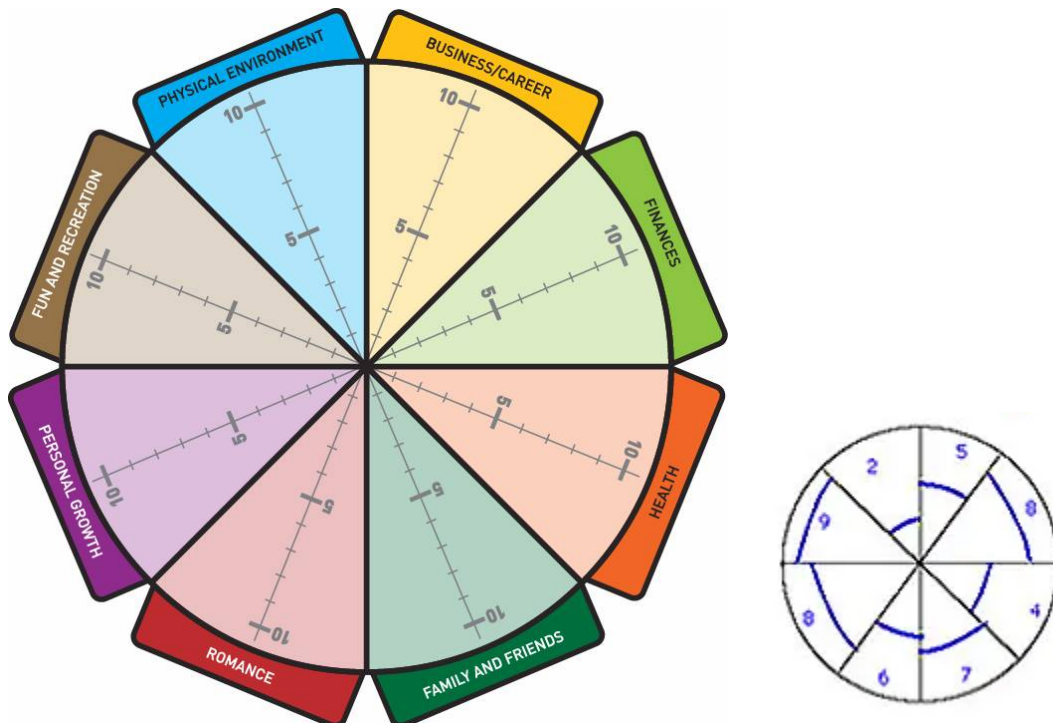
Build Your Dreams Workshop

STEP 1 - "Create Your Vision" Worksheet

In this exercise, you will be creating your vision statement or vision board. This vision should provide you the most fulfillment and happiness in your life. First, we will take a look at all facets of your life and how you currently feel about each. Then, we will examine them further to determine how they relate to our dreams and future. Finally, we will write our own personal vision statement.

PART 1 - THE WHEEL OF LIFE. The Wheel of Life is often used to begin the process of creating your vision. This wheel represents 8 key areas that make up people's lives. Review the wheel categories and think about what a satisfying life in each area might look like for you. Use a scale of 1 (very dissatisfied) and 10 (fully satisfied) to reflect your current satisfaction score for each area and mark each segment accordingly. Also, write that score alongside the line segment as shown in the example to the right.

NOTE: Use the FIRST number (score) that pops into your head, not the number that you think it should be.





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PART 2 - FOCUS. Now that you have determined which areas of your life are fulfilled and those that are not, we will take a look at developing your vision.

Before we start, take a moment and open your mind. Think about what your life is like and what would leave you most fulfilled if money and resources were not a factor. We are going to dream. And by dream, I mean really, really dream BIG!!! Ok, now that your mind is free from any hindrance, answer the following questions based on the areas addressed in the "Wheel of Life:" Don't worry about the "how's" right now. Just write down your first thoughts. So,

- 1) How would your life look if money and resources were not a factor?
- 2) What have you always wanted to do, but fear kept you from accomplishing?
- 3) What do you wish you had more time for in your life?
- 4) What Character traits do you want people to remember you for?
- 5) What would leave you the most fulfilled?
- 6) Are there other areas that you would like to see developed that are not listed below?

<u>Family & Friends</u>	<u>Romance</u>	<u>Personal Growth</u>	<u>Fun & Recreation</u>
<u>Physical Environment (Home/Office)</u>	<u>Business/Career</u>	<u>Finances</u>	<u>Health/Fitness</u>
<u>Spiritual</u>	<u>Other</u>	<u>Other</u>	<u>Other</u>



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PART 3 - YOUR VISION. Maintaining proper balance in your life is essential to the success of your dreams. The information above has helped to clarify those areas that you feel most satisfied in and those which are lacking. It has also provided an accurate picture of those things that you value most in your life. After reflecting on those areas, it is time to put your "Dream" of "Vision" down on paper. So, use the lines below to formulate your Vision Statement or Dream life. Again, write this statement without regard for the how's and why's. We will get to those. For now, it is just what you desire most without limitations.

Your Vision Statement
