

When you visualize, you materialize.

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VISION & GOALS WORKSHEET



REFLECTION

Reflecting on things you are grateful for right now will help you to ease your mind and understand that life is a journey. And we need to appreciate every part of that journey.

- What are at least five things you are grateful for? These can be professional or personal.

- What were your biggest challenges over the last year? What have you learned from them?

- What were your biggest wins? What did you do to get those wins?



MIND MAP

Let's start understanding better what each of the areas in our lives means to you and what we want it to look like.

What is your ideal work/life balance, income, relationships, health/recreation/fun?
Take notes within each circle.

Outside of the circles, you can take notes of the things you do not want to see in those areas of your life.



CAREER



RELATIONSHIP



**WORK/LIFE
BALANCE**



HEALTH

VISION

The farther out you plan, the more impact you can have on your immediate goals but for this exercise, choose whatever time period you would like to set your goals for.

- Who are you in __ days/years? What does success look to you both personally and professionally?
- How will you feel about yourself?
- What are the top priorities you need to focus on to accomplish what you envision?
- What could stop you? Think about the limiting beliefs you tend to encounter or possible roadblocks.
- What do you want your work-life to look like? Hours, responsibilities, etc.
- What habits do you have or want to have that would help you live the life you want?
- How will you measure those?
- What support system will you use to help you stay on track?
- What is a mantra or affirmation you can use to hold your vision?

GOALS

Based on your vision, set your goals. Choose a __year goal for each area and make it specific. Use affirmative language, and focus on what you want instead of what you don't want. Then write down the steps you need to take in the upcoming year that will lead you to your goal. Print this and put it where you can see it often.

MY __ year CAREER goal is:



Steps I need to take in the next year:

MY __ year RELATIONSHIP goal is:



Steps I need to take in the next year:

MY __ year WORK/LIFE BALANCE goal is:



Steps I need to take in the next year:

MY __ year HEALTH goal is:



Steps I need to take in the next year: