

# Helping You Get What You Want: A Blueprint for Success

## Module 1 - Exercise 4: Creating a Vision

After looking at the greater purpose behind your goals, take some time to see and feel yourself living your dream. In the vision worksheet we have a short activity where you can take what you've put together and write a vision statement that really captures and helps you visualize the end goal you have motivating what you are doing.

### **Basic rules for writing a vision:**

1. Include various aspects of life, including: business, home, location, family, relationships, contribution, travel, leisure, etc. You can decide to write a vision specifically about a certain topic or goal.
2. Write the tone and wording of your vision using The 4 P's:
  - Personal (I, Me statements)
  - Present (as if it's already happening, not future)
  - Positive (avoid words like "not" or "don't")
  - Passion (put emotion into it)

Do a free-writing activity where you spend at least 5 minutes writing all the details of the ideal life you see and desire. Write as many things as come to you. Then, make a summarized, 1 paragraph version. Having this vision statement can be a great tool to refer to in those moments when you need extra motivation. You can also take your vision and make a physical representation of it, such as photos or a vision board, which can further help you stay focused on the higher purpose behind what you are doing with your life.

## **Additional Writing Area for Your Vision**