

YOUR PERSONAL VISION STATEMENTS

For this exercise you write a vision statement, or a case scenario description of what you would like to achieve or accomplish in each of your main life areas. These visions can then be created into goals that you wish to accomplish over the next 3, 6 or 12 months.

For example:

Social and Family Relationships

To have create more meaningful relationships, by spending more quality time with my friends and those that mean something to me.

1. Social/Friendships and Family Relationships

2. Career and Educational Aspirations

3. Money and Personal Finances

4. Health, Recreational and Leisure

5. Life's Routine Responsibilities

6. Contribution and Giving back

7. Mental, Emotional and Spiritual Life