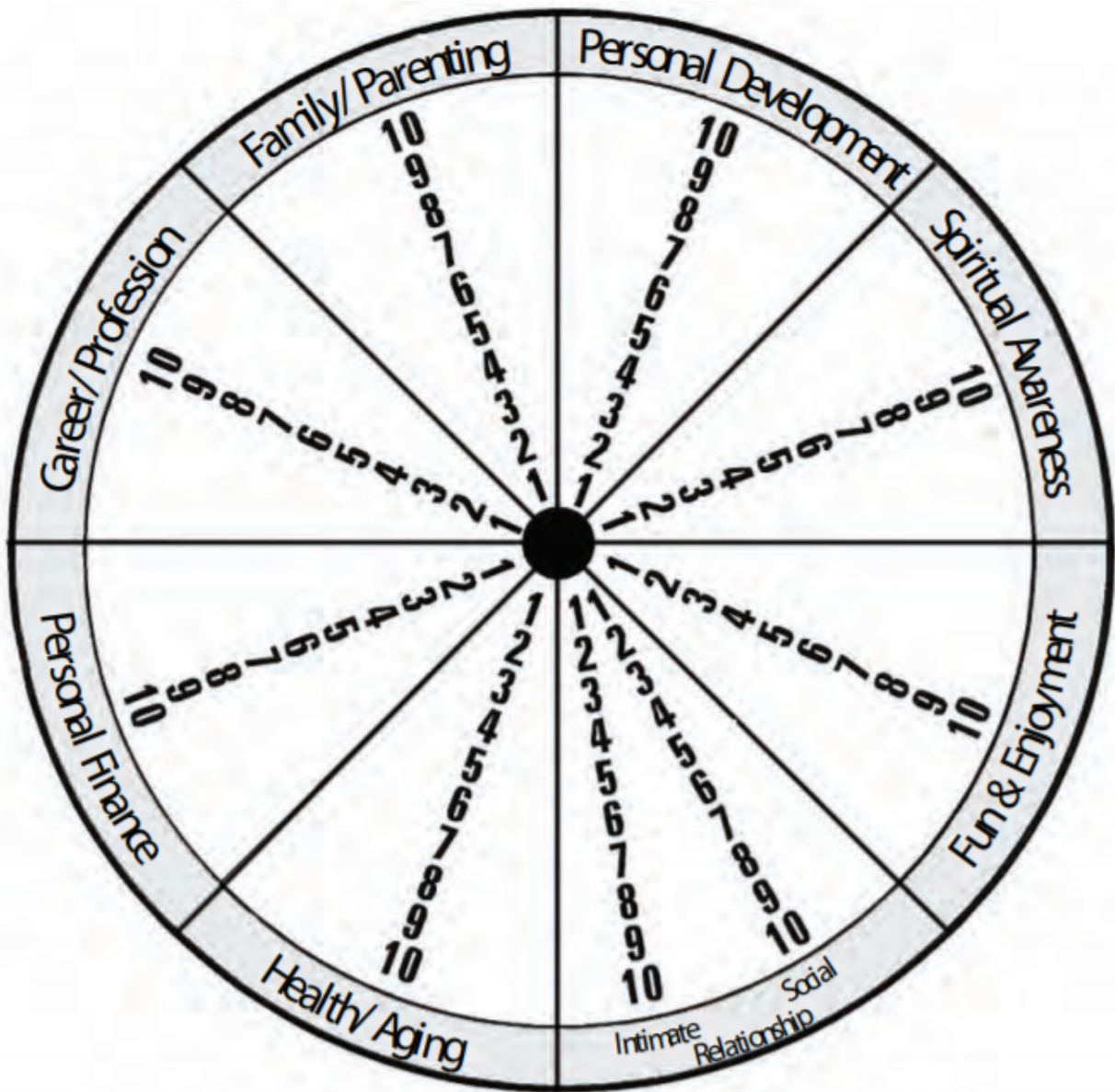


VISION EXERCISE

If you can, print this sheet out and take a pen to paper! Give your screen a rest.

Step 1: Complete the *Wheel of Life*. For each section of the wheel, circle the number that represents your current level of satisfaction. The higher the number, the more satisfied you are in that area.



VISION EXERCISE

Step 2: For each of the following answers, please consider all aspects of your life and how you can have more satisfaction in each of these areas.

- Personal Development
- Career/Profession
- Personal Finance
- Health & Aging
- Intimate Relationships
- Social Relationships
- Family & Parenting
- Fun & Enjoyment
- Spiritual Awareness
- Inner Work & Qualities
- Energy & Engagement (Spiritual, Mental, Physical, Emotional)

Take a few moments to imagine a vision of your life one year from now. Imagine it from a place of possibility, and create a picture of your life exactly how you would want it. The more detail the better. Where are you working? Where are you living? How is your health/wellbeing? Describe your family life, your lifestyle, and your personal development. Anything that is important to you and how you live. Write as if it is in present tense, using "I am" statements, avoiding "I will." Blue-sky thinking! Ignore the "I can't" thoughts, gremlins, or limiting beliefs. Write this as if anything were possible.

VISION EXERCISE

One-Year Vision

Why is your one-year vision important to you?

What has been holding you back from achieving it already?

What are the next steps you will consider taking to achieve your one-year vision?

Three-Year Vision

Now take a few moments to imagine a vision of your life three years from now. Describe it following the same guidelines you used to create your one-year vision. How does your one-year vision support you in achieving your three-year goals?



BrightArrowCoaching.com

+1.800.760.0893

hello@brightarrowcoaching.com