



# MY LIFE VISION

I told you about my 10-year vision recently and wanted to share my process with you so you can write your own. Print this out, find a cozy chair, take a moment to just breathe, and get started. I do mine every year or two.

## ONE DAY IN MY FUTURE

It's a Monday morning at 9am on \_\_\_\_\_ (fill in the date 1, 3, 5, or 10 years in the future) & this is how I picture my life.

I am sitting:

I am doing:

I am wondering:



# ONE DAY IN MY FUTURE

Describe the sights and sounds in vivid detail.

I see:

I hear:

I smell:

I feel:

Describe what is giving you this feeling.

I am:

I do:

I have:

I get:



# MY HABITS

Write 10 things you chose to start or stop because they didn't fit your life.

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

How have these changes affected your life?

Why were they significant?

# MY WORK

Describe how you use your time.



I am known for:

I do this with:

My impact is:

My income is:

I give away:

I volunteer:

I work for:

I love when:



## MY PERFECT DAY

Describe in detail your perfect day. Where you wake up, what you do next, where you fall asleep, who you are with, every little detail. Smell it. Taste it. See it. Be super descriptive.

A large, empty rectangular area with a light gray background, intended for writing a detailed description of one's perfect day.



## MY NEXT STEP

What's the difference between your future life & what you do now?

Large empty grey rectangular area for writing the answer to the question: "What's the difference between your future life & what you do now?"

What's one step you can take now to get there? And who will hold you accountable?

I will take one step by:

Large empty grey rectangular area for writing the answer to the question: "What's one step you can take now to get there?"

I will be accountable to:

Large empty grey rectangular area for writing the answer to the question: "And who will hold you accountable?"