

Tool Description

Instructions - Create a Life Vision, then Make It a Reality

Step 1: Document Long-Term Goals

Please consider each of the 16 life domains below and identify goals you would like to achieve during your “limited time on earth.” Determine your long-term goal(s) for each category. If a category is not important to you, simply leave it blank. The last row is purposefully left blank as a fill-in category.

Category	My Long-Term Goal(s)
<i>Love</i>	
<i>Friends</i>	
<i>Relatives</i>	
<i>Children</i>	
<i>Home</i>	
<i>Neighbourhood</i>	
<i>Community</i>	
<i>Money</i>	
<i>Work</i>	
<i>Play</i>	
<i>Health</i>	
<i>Self-Esteem</i>	
<i>Spirituality</i>	
<i>Altruism</i>	
<i>Learning</i>	
<i>Creativity</i>	
<i>Values</i>	

Step 2: Short & Medium-Term Goals

Determine short and medium-term goal(s) for each category in the chart below to support the long-term goals becoming a reality.

<i>Category</i>	<i>My Short & Medium-Term Goals</i>
<i>Love</i>	Short-term: Medium-term:
<i>Friends</i>	Short-term: Medium-term:
<i>Relatives</i>	Short-term: Medium-term:
<i>Children</i>	Short-term: Medium-term:

<i>Home</i>	Short-term: Medium-term:
<i>Neighbourhood</i>	Short-term: Medium-term:
<i>Community</i>	Short-term: Medium-term:
<i>Money</i>	Short-term: Medium-term:
<i>Work</i>	Short-term: Medium-term:

<i>Play</i>	Short-term: Medium-term:
<i>Health</i>	Short-term: Medium-term:
<i>Self-Esteem</i>	Short-term: Medium-term:
<i>Spirituality</i>	Short-term: Medium-term:
<i>Altruism</i>	Short-term: Medium-term:

<i>Learning</i>	<p>Short-term:</p> <p>Medium-term:</p>
<i>Creativity</i>	<p>Short-term:</p> <p>Medium-term:</p>
<i>Values</i>	<p>Short-term:</p> <p>Medium-term:</p>
	<p>Short-term:</p> <p>Medium-term:</p>

Step 3: Take action

Now think about and recall your lifetime goals daily as you plan your days and your life. Make sure to try to embrace beliefs, habits, and routines that will help you in this endeavour and reduce the impact of habits, beliefs, and routines that block your progress. Even the books that you read, the media that you watch or the people you talk to may help you or hinder you in reaching personal goals.

Appendix: Example of a completed vision quest

<i>Category</i>	<i>My Long-Term Goal(s)</i>
<i>Love</i>	I seek a partner who shares common interests with me, loves and respects me for who I am, and who makes me laugh.
<i>Friends</i>	While I have many acquaintances, I would like a friend group that shares a common passion.
<i>Relatives</i>	I want to see my extended family at least four times per year.
<i>Children</i>	I would like to have one to two children at some point.
<i>Home</i>	I would love to own a house in a jungle.
<i>Neighbourhood</i>	I would like to live in a neighbourhood where we can trust one another to leave our houses unlocked, that is safe, and where not many reside.
<i>Community</i>	I would like to volunteer at least one time per month.
<i>Money</i>	I would like to make \$100,000 annually.
<i>Work</i>	I would like to have a healthy work-life balance.
<i>Play</i>	I want to go on amazing adventures.
<i>Health</i>	I want to run a half marathon.
<i>Self-Esteem</i>	Every day, I want to wake up feeling great about myself, that I have a purpose in this world.
<i>Spirituality</i>	I want to meditate regularly.
<i>Altruism</i>	At least once a week, I want to perform a random act of kindness.
<i>Learning</i>	I want to read four books a month.
<i>Creativity</i>	I want to make time to do art.
<i>Values</i>	I want my work to help others.

Category	My Short & Medium-Term Goals
<p>Love:</p> <p>I seek a partner who shares common interests with me, loves and respects me for who I am, and who makes me laugh.</p>	<p>Short-term: Join a club or local organization that is in alignment with my interests.</p> <p>Medium-term: Work on not being closed off and pessimistic. Work on writing in my journal at least a couple of times a week to identify what mental barrier I have to the concept of love.</p>
<p>Friends:</p> <p>While I have many acquaintances, I would like a friend group that shares a common passion.</p>	<p>Short-term: Same short-term goal as the category of love: Join another club or local organization that is in alignment with my interests.</p> <p>Medium-term: Say yes more when colleagues invite me out. Who knows what I can learn about the people I work with day in-day out, outside of a work environment.</p>
<p>Relatives:</p> <p>I want to see my extended family at least four times per year.</p>	<p>Short-term: Start by giving my cousins a call or a text every now and then.</p> <p>Medium-term: When at family reunions, which happen once a year, plan a date for the next gathering right then and there.</p>
<p>Children:</p> <p>I would like to have one to two children at some point.</p>	<p>Short-term: Hold tight, find someone that I love and who loves me first. No short-term goals at this point.</p> <p>Medium-term: Pick up and read a couple of books on how to be an effective parent.</p>
<p>Home:</p> <p>I would love to own a house in a jungle.</p>	<p>Short-term: Work on my savings-start consciously saving for a mortgage.</p> <p>Medium-term: Continue actively saving and figure out where in the world this dream home could exist.</p>
<p>Neighbourhood:</p> <p>I would like to live in a neighbourhood where we can trust one another to leave our houses unlocked, that is safe, and where not many reside.</p>	<p>Short-term: Research safest countries in the world. Determine if I would want to live in any of them. Based on the narrowed down list, compare this list to where in the world my dream home locations could be.</p> <p>Medium-term: Keep my eyes and ears open to other possibilities about where such a neighbourhood could exist.</p>

<p><i>Community:</i></p> <p>I would like to volunteer at least one time per month.</p>	<p>Short-term: Figure out what organization that I would like to volunteer with.</p> <p>Medium-term: Start by volunteering with the chosen organization once every other month.</p>
<p><i>Money:</i></p> <p>I would like to make \$100,000 annually.</p>	<p>Short-term: Assess where I am and where I would like to be.</p> <p>Medium-term: Determine what career advancements must be made to get me to my long-term goal.</p>
<p><i>Work:</i></p> <p>I would like to have a healthy work-life balance.</p>	<p>Short-term: Turn off work email notifications on my smartphone.</p> <p>Medium-term: When I leave work, keep everything there. Come home and take at least an hour for myself.</p>
<p><i>Play:</i></p> <p>I want to go on amazing adventures.</p>	<p>Short-term: Create a bucket list of where I want to go.</p> <p>Medium-term: Allocate 5% of every pay check to be saved for travel.</p>
<p><i>Health:</i></p> <p>I want to run a half marathon.</p>	<p>Short-term: Begin working out at least three days per week, with one of the three workouts being a run.</p> <p>Medium-term: Choose a race and find a training program to follow leading up to race day.</p>
<p><i>Self-Esteem:</i></p> <p>Every day, I want to wake up feeling great about myself, that I have a purpose in this world.</p>	<p>Short-term: Start by grounding myself in the morning. I will do this by meditating for ten minutes every morning after I wake up.</p> <p>Medium-term: After having this regular practice for at least three months, start to journal about what makes me happy. Who am I now? Who do I want to be? What do I want people to remember me by?</p>
<p><i>Spirituality:</i></p> <p>I want to meditate regularly.</p>	<p>Short-term: Set a reminder on my phone every morning to meditate for ten minutes.</p> <p>Medium-term: After having this regular practice for at least three months, increase the time that I meditate by one minute every week.</p>

<p><i>Altruism:</i></p> <p>At least once a week, I want to perform a random act of kindness.</p>	<p>Short-term: Create a list with as many random acts of kindness I could potentially do.</p> <p>Medium-term: On my calendar, put a check next to every day that I did actually do a random act of kindness.</p>
<p><i>Learning:</i></p> <p>I want to read four books a month.</p>	<p>Short-term: Compile the books titles that I want to read into a list.</p> <p>Medium-term: Begin with one book per month, and increase as I become a faster reader.</p>
<p><i>Creativity:</i></p> <p>I want to make time to do art.</p>	<p>Short-term: Allocate thirty minutes every Sunday to art.</p> <p>Medium-term: Increase the time allocated overtime, and maybe even schedule some art time during the week.</p>
<p><i>Values:</i></p> <p>I want my work to help others.</p>	<p>Short-term: Assess where I am right now. Is my work helping others?</p> <p>Medium-term: Figure out how I can improve my current situation.</p>