



Life Visioning

GUIDE



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How do you build a life you truly love?

It starts with vision. →

Building a vision of the future is one of the most important activities anyone can engage in. Set aside one to two hours when your brain is fresh and you don't have any immediate commitments to rush off to. Remove any distractions. Sit quietly, letting yourself dream.

With a pen and notebook, take time to think and write about each of the following time frames: one year from now, five years from now, and ten years from now. You might work backward, starting from ten, and working your way to one year. It's helpful to first close your eyes and visualize the future you want, then record it through writing.

Below, I've included a series of questions to help you develop your life vision. Don't answer each one by one; instead, use them as guides to inspire you as you create a clear vision for your life. Engage your inner child—the one who could stare at clouds and see entire worlds—and let yourself dream. No one is watching or judging. This is your space to imagine what's possible for yourself.

At each life stage, you'll notice both repeat questions and new questions. In your journal, or on this worksheet, start by writing your age. Perhaps read the questions to yourself, and then *engage in imagining your future*. Record what you've envisioned.



One year

In as much detail as possible, describe the life you want one year from now.

I will be _____ years old in _____.

- 1 What has changed about your career?
- 2 What is your home life like?
- 3 What is your travel schedule like?
- 4 What types of projects are you engaged with? What successes have you seen?
- 5 What is different about you one year from today? Have you taken a vacation? How long and to where?

“When I dare to be powerful, to use my strength in the service of my vision, then it becomes less and less important whether I am afraid.”

— Audrey Lorde



Five years

In as much detail as possible, describe yourself five years from now. Walk me through a day in your life.

I will be _____ years old in _____.

- 1 What has changed in your career?
- 2 What have you become known for?
- 3 How are you living your passion?
- 4 How have your personal and work lives changed?
- 5 What is your travel schedule like?
- 6 What type of media appearances are you making?
- 7 What successes have you seen?
- 8 What is in your content library (written, audio, visual)?
- 9 What is different about you five years from today?
- 10 What traveling have you done to date? How long are your vacations?



Ten years

In as much detail as possible, describe yourself ten years from now. Walk me through a day in your life.

I will be _____ years old in _____.

- 1 What types of projects are you working with?
- 2 What has changed about your career?
- 3 What have you become known for?
- 4 How are you living your passion?
- 5 How have your personal and work lives changed?
- 6 What is your travel schedule like?
- 7 What media appearances are you making?
- 8 What successes have you seen?
- 9 What is in your content library (written, audio, visual)?
- 10 What is different about you ten years from today? How are you different than your five-year vision?
- 11 When people hear your name, what comes to mind? (_____ is synonymous with _____.)
- 12 What traveling have you done to date? How long are your vacations?
- 13 What do you value most in your life?

“But the eyes are blind. One must look with the heart.”

— Antoine de Saint-Exupéry,
The Little Prince