Logo

Description automatically generated with low confidence

**Vision Building**

What is it that you want out of life?  
  
What is your vision for your life and work?  
  
Many people struggle to answer both questions.   
  
They may have dreamt about something that they want to achieve in their life and work; but sadly, have never thought deeply enough about this dream to create a vision; and haven’t taken steps towards making that vision real.  
  
Some people dream about:

* Starting a business
* Exiting a business
* Landing their perfect job
* Moving to another country
* Helping others
* Improving their relationships
* Improving their health
* Being more confident

…but these dreams go no further – ‘life’ just gets in the way.

However, it’s different for you, now. You have an opportunity to start building your vision for your life and work by completing this Vision Building Strategy Sheet.

To make the best use of this strategy sheet, I suggest you find a quiet place where they’ll be no distractions for an hour or so. Try putting your phone on silent!

There are 6 steps to this Vision Building process. Go through each step answering each question using the space provided. Feel free to create extra pages as required if you need more space for your answers.

Here are the steps we’ll go through:

1. Listing your accomplishments
2. Discovering your passions
3. Identifying your roles in life
4. Learning about your energy, thoughts, and behaviours
5. Defining your vision
6. Identifying your goals
7. **YOUR ACCOMPLISHMENTS:**

* **WHAT HAVE YOUR ACHIEVED IN YOUR LIFE TO DATE?** – Many people don’t have a written record of what they have achieved in their life and work. Use the space below to record what you have achieved: What obstacles have you overcome in the past? What have you been recognised for in your work or by family and friends? What have you done that you’re proud of?

1. **YOUR PASSIONS:**
   * **WHAT ARE YOU MOST PASSIONATE ABOUT?** – What do you enjoy doing in your life and work? What activities do you love to do?
2. **YOUR ROLES:**
   * **IDENTIFY YOUR ROLES:** Everyone has different roles in their life and work. There are many to identify with. Here are some examples: Parent, leader, friend, community member, neighbour, family member, investor, business owner…and so on. Think about your life and work and identify your core roles below:
   * **GRATITUDE:** Many people do not actively think about what they are most grateful for in life. Practising gratitude can help to change your perspective. For example, it’s impossible to be fearful and grateful at the same time. Don’t believe me?...try it!

So, for each of your roles what are you most grateful for? …and why? For example: As a parent I am most grateful for my children – they brighten my life every day.

1. **YOUR ENERGY, THOUGHTS AND BEHAVIOURS:**
   * **ENERGY –** Thinking about each of your roles, what situations give you energy? For example – As a parent – When I make time for my children, it gives me energy.

What situations drain you of energy? For example – As a parent - When I lose my temper with my children it drains my energy.

* + **THOUGHTS** – Thinking about each of your roles, what empowering thoughts do you have? For example – As a Business Owner: “I am a great leader, I inspire my team.”. Do you have any disempowering thoughts? For example - As a manager: “I am useless at organising my time.”

* + **BEHAVIOURS** – Thinking about each of your roles, what behaviours help you? For example – As a parent: I am patient with my children. Can you identify any behaviours that don’t help you in your role? For example - As a leader: I lose my temper easily.

You’ll be referring to this section when you create your vision and your goals.

1. **YOUR VISION:**
   * **WHAT IS YOUR VISION?**

A vision is a very personal thing. Your vision can be in a timeframe of your choice. Typically, it runs over a 5- or 10-year period, but it can be a shorter or longer term. Whatever works best for you:

**VISION TIME-FRAME: The timeframe for my vision will be: \_\_\_\_\_\_ years.**

Once you’ve determined the timeframe you’d like, now decide if you would like to create a single vision for your life, or if you’d like a vision for each of your roles that you have identified.

Feel free to copy the following page if you’d like to create a vision for each of your roles.

Start with rough notes as you run through each question. Some of the answers you will use to create your vision statement; some of the answers you’ll use with Goal Setting which we’ll cover using the Goal Setting Strategy Sheet. You may need to re-read the questions as you define your vision statement.

This is your opportunity to think big. Think as though there are no obstacles in your way. It’s quite normal for the brain to throw up problems the moment we start to visualise a possible future. The obstacles can be addressed during the goal setting process, which comes later.

Take 10 long deep breaths, close your eyes, and imagine you are at your 100th birthday party. One of your children or a close friend is giving a speech about your life, the type of person you are and what you have achieved. Imagine the room you’re in and the voice giving the speech. What are they saying about you? How are they describing your life and your achievements? Who have you become?

Now, open your eyes and with a free mind, answer the following questions:

* + What do you want to happen?
  + Who will you be?
  + What skills will you use?
  + What energy will you bring?
  + What empowering thoughts will you have?
  + What disempowering thoughts have you let go of?
  + What behaviours will be supporting you?
  + What behaviours have you stopped?
  + Who have you helped?
  + What impact have you made in the world?

It can be helpful to write in the present tense rather than future tense.

**VISION NOTES:**

**YOUR VISION STATEMENT** – Now as you look over your notes having answered the vision questions, write your vision statement. It can be as short or long as you like but it’s best to keep it concise so that it’s easy to understand, remember and review! It should be easy to know when you have made your vision real.

For example: The vision statement for my coaching is:

“I have positively impacted the lives and businesses of over 1000 people. I continue to develop my coaching skills and do the inner work to help me be a wonderful Coach, Partner, Dad, Friend, and Human Being.”

Now it’s your turn:

1. **YOUR GOALS:**
   * **WHAT ARE YOUR GOALS?** Firstly, congratulations on creating your vision statement. Not many people do the work to create this! You’re taken a huge step forward!

Now you get to identify and create the ambitious goals and actions to help make your vision real.

Thinking about your roles and your vision, what goals would you like to create?

I have created a ‘Goal Setting Strategy Sheet’ to help you to define your goals and create

action steps to achieve your goals. Refer back to this Vision Building Strategy Sheet as you

work through the Goal Setting Strategy Sheet.

Please click the link below to watch the video where I walk you through the goal setting

process and download the strategy sheet:

<https://www.newperspectivesec.com/resources/>