

vision and goals worksheet

Apply The 6 Core Concepts:

1. Possibility
2. Vision
3. Balance
4. Audacity
5. Format
6. Integrity

my vision

Remember:

- Visualize your life in 10 years.
- What would you dare to do if you knew you could not fail?
- Describe what you see, hear, and feel in your ideal life.
- Who is there? How do you spend your time?
- Where do you spend your time?

Example:

I will save money for school
I save \$10,000 for my MBA by September 12 } affirmative, concise

present tense quantifiable & specific by-when date

my goals

trickle back
↓

10 year

by when

CAREER	<hr/>	<hr/>
	<hr/>	<hr/>
	<hr/>	<hr/>
HEALTH	<hr/>	<hr/>
	<hr/>	<hr/>
	<hr/>	<hr/>
PERSONAL	<hr/>	<hr/>
	<hr/>	<hr/>
	<hr/>	<hr/>

5 year

CAREER	<hr/>	<hr/>
	<hr/>	<hr/>
	<hr/>	<hr/>
HEALTH	<hr/>	<hr/>
	<hr/>	<hr/>
	<hr/>	<hr/>
PERSONAL	<hr/>	<hr/>
	<hr/>	<hr/>
	<hr/>	<hr/>

1 year

CAREER	<hr/>	<hr/>
	<hr/>	<hr/>
	<hr/>	<hr/>
HEALTH	<hr/>	<hr/>
	<hr/>	<hr/>
	<hr/>	<hr/>
PERSONAL	<hr/>	<hr/>
	<hr/>	<hr/>
	<hr/>	<hr/>