

# YOUR PERSONAL VISION STATEMENT

The purpose of a Personal Vision Statement is to have a clear picture of the future that you want to consciously create. This includes a detailed description of what you want your life to look like and how you want to feel. Here are some examples below.

*"I live a life filled with joy. My family is happy and healthy. My relationships are fun and mutually fulfilling. My business is flourishing. I love my work and I look forward to going to the office each day and working with my clients. I feel like I am living my life on purpose."*

You can then "anchor" your vision to your reality by picturing a typical day:

*"After beginning with my morning ritual of exercise, meditation, and a healthy breakfast, I ensure my children are awake and getting ready for school. I then shower and get dressed for work. After dropping my daughters off at school, I grab a cup of coffee on the way to work and listen to an audible book in the car. When I get to work, I say hello to a few of my colleagues and head to my office to prepare for one of my favorite clients. After our meeting I check my emails and make a few phone calls. Around 11:30am I meet my husband for lunch at one of our favorite restaurants. I then return to the office, catch up on some paperwork and have 2 more meetings. I then head home to make dinner for my family. We all have dinner together and then settle in for a relaxing evening. I feel grateful and at peace with my life."*

Your Personal Vision Statement can provide inspiration and give positive direction to your daily activities and choices. Once you have your vision, you can start taking actions to make it happen. In addition, many people find that by focusing on their Personal Vision Statement, their life begins to change as their vision becomes their reality.

Here are the key elements of a compelling Personal Vision Statement:

1. Write it down and keep it where you can see and read it daily.
2. Write it in the present tense, as though it has already been accomplished.
3. Fill your statement with descriptive details that will help to anchor it to reality. If you want, add pictures or other visuals to make it more vivid for you.
4. Include everything you want. Cover all aspects of your life; you can do this for different time frames. Also, ensure you have fun with the process!
5. Don't wait to do this; do it now! You have to imagine what you want in order to have it. Dare to dream. You can always revise it at a later date, adding to or changing your vision.
6. Then, take action steps to make your vision a reality.

Now, write your Personal Vision Statement (rough draft):

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Your Vision Statement will allow you to have a set of criteria to use in measuring whether your activities are taking you where you want to go, as well as determining how to make the best choices in response to daily situations that develop. Hold your vision in your mind, and take actions consistent with your statement.

We create what we focus on. By focusing on your vision you give energy to it and bring it into reality.

Work with your Personal Vision Statement on a regular basis. Hold your vision of the future. Revisit it often (morning and night would be ideal) and take action consistent with your vision. Now write your final draft and date it.

**MY VISION STATEMENT**

**DATE:**

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