

PERSONAL VISION WORKSHEET

Claimant Last name: _____ First name: _____ Date _____

There are many things to look at in a Personal Vision: who you want to be, what kind of life you want to create, and the material objects that you want in your life are just a few of the brush strokes that make up the total picture. Please begin your exploration of Your Personal Vision by writing your answers to the questions below.

- 1) You. What kind of person do you want to be? What qualities do you admire in others and would like to possess?

- 2) Health. How does your physical health factor into your life vision? What aspects of your health would you like to improve? In what ways are physical exercise and healthy eating habits a part of your vision?

- 3) Home. What living situation do you want to create?

- 4) Material Things. What things would you like to own or have in your life?

- 5) People. Who else is in this picture of your future vision? How are your relationships with friends, family, co-workers, community members, and others?

- 6) Life Purpose. Your life has a unique purpose, filled through what you do, your relationships and the way you live. What is this purpose.

7) Work. What would you like to create in terms of your career or profession? How much energy are you willing to spend to create this situation? How does your chosen work impact others?

8) Community. How is community a part of your life's vision? What do you give to your community? What do you receive?

9) Hobbies and Interest. What activities, hobbies, or interest will complete this picture?

10) What else? What else could you create or have in your life?

Comments: