



## YOUR LIFE VISION

“Vision is a picture of the future that produces passion.”

Bill Hybels

## Your Life Vision

Psychologists studied the Harvard graduating class of 1954 for a twenty year period. They were interested in how many of the graduates had written goals and plans and whether it had made a difference in how successful they were later in life.

Only 3% of the graduates had actually taken the time to write down their goals for the future. The other 97% didn't write a thing. Can you take a guess as to what happened to the 3%? After 20 years, the collective net worth of the 3% was greater than the net worth of the rest of the entire class combined!!! And they also measured higher on questionnaires about life satisfaction and other subjective indicators of success.

Coincidence? Absolutely not!!!! Writing your goals makes a HUGE difference in your life! Writing your vision for the future makes it a possibility! A written goal helps you find the power and energy it takes to change or transform your behavior to manifest the purposeful life that you were created for.



The definition of a life vision is:

***A vividly-imagined picture of the future of your life (or business), complete with emotions and all other senses incorporated into it.***

Once your vision is articulated, you have something you can move toward. But it should be written in a certain way to be effective. It needs to be written in the present tense. It doesn't mean a whole lot if you say "I'm going to help the homeless someday." Your brain hears that and dismisses it as a whim. BUT, what if you say, "I am in the gym of my High School and we are sorting through donated winter jackets, boots and blankets so we can distribute them to a new shelter that I helped create"? NOW your brain has something to grab hold of!

The more details you write down, the easier it is for your brain to believe that it is already happening! Use every sensory input available to make your dream real.

We are going to begin the process of identifying your gifts by writing out your goals for the future, just as the 3% of the Harvard class did so successfully.

Please don't think for a minute that you are too young or too old to do this or that it won't make a difference in your future because of your age. Believe it or not, NOW is the best time to write this vision of how you want to live your life. Very few people ever do this, and consequently, a whole lot of people wander aimlessly through life, never really knowing where they are headed or if they ever got to where they were going.



**"A clear vision, backed by definite plans, gives you a tremendous feeling of confidence and personal power."**

Brian Tracy



What do you want your life to look like in 1 year? How about 10 years? Let's write it down! Here are the rules:

- Write your vision in the present tense.
- Use the words "I am" instead of "I will."
- Act as if your vision is already happening. Envision yourself doing it now. Your brain doesn't know the difference between your thoughts and your reality, so dream big!
- Be open-ended and specific enough so you will recognize it when you see it.
- Focus on what you are feeling as you envision where you want to be. What do you see? What do you hear? Taste? Smell?
- Dream bigger than you think is really possible and push your boundaries outside of your comfort zone

"Vision without action is merely a dream. Action without vision just passes the time. Vision with action can change the world."

Joel A. Barker

And most important of all, your vision statement should reflect all of the hard work that you have done so far. It should include:

- Your skills and talents
- Your values
- Your passion to help others / your cause
- Your interests
- How you will spend your time - balance between personal and professional goals
- Your relationship with God

Where are you living? Who are you helping? What difference are you making in your community? In your world? Do you have your own business? Are you in college learning about what will be your future career? Tell me about it. What do you see when you look around you? I want details! Use the next pages to write some identifiable, specific statements about where you want to be in one year and in 10 years.

Now is the time to really think about the master summary that you just completed. Pay attention to any themes that you noticed or any specific feelings you get when you think about a certain subject or experience. Write it all down so you have something to look forward to and something to work for!

Ok, get to work and don't hold back. It's your FUTURE we're talking about! Have fun with this. Now is the time to tell your brain where you want to be in the future.

“Nothing happens unless first we dream.”

Carl Sandburg

Here is an example of a clear, concise vision statement with specific, identifiable goals that reflect a core purpose:

## **My 1 Year Vision:**

I love airplanes and animals. I especially love rescue animals and am passionate about helping dogs in overcrowded shelters find a new home. It breaks my heart to see pictures of scared and abused animals. Starting this summer, I am an official pilot volunteer for “Pilots to the Rescue”. I am using my skills as a safety conscious commercial pilot to fly a minimum of 200 dogs and puppies to foster families and permanent homes all over the country. I can see the excitement in their wagging tails and wiggly bodies as we unload cage after cage on the hot tarmac. The sounds of excited barking fills my heart with joy as each dog is introduced to their new family.

I am recording a social media video once a week to invite other volunteers to join us on our important mission. By March of next year, I am the lead pilot for the organization and am scheduling 5 missions a week to various destinations using our growing list of volunteer pilots. I am now responsible for relocating over 500 dogs and puppies and I will never stop working to get these animals out of the high kill shelters and into loving homes. I know I have a heart for helping the less fortunate and I will use my talent as a pilot to move these helpless animals to a place where they will be loved and cared for.

Wow. Writing that really makes me want to pick up the phone and get the ball rolling on my volunteer opportunities. Now it’s your turn! Remember to use all your senses to be able to feel, hear, touch and see exactly what you are doing as you bring your hopes and dreams to life!

## My 1 Year Vision:

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

“Your vision of where or who you want to be is the greatest asset you have.”  
Paul Arden

## My 10 Year Vision:

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

“When you have a vision that is strong enough and powerful enough,  
nothing can stand in your way.”

Lewis Howes



Great job putting your hopes, dreams and goals on paper! Remember the Harvard class of 1954? You are now one of the 3%!!! Just one small reminder: your life vision is not set in stone, but must remain fluid as your life circumstances change. Learn to go with the flow and revisit your vision often. What has changed in your life since you last looked at your goals? What has changed within YOU or the world around you? It's almost guaranteed that your life will take some twists and turns that will be difficult to anticipate. Embrace the uncertainty and keep moving toward your goals!

“Your vision is the promise of what you shall one day be.”

James Allen