

Three Month Vision Worksheet

How I'd like my life to be

Instructions: Allow yourself 10 minutes of quiet time to consider these questions that help you create and shape your vision for the next three months. Write your answers in **present** tense and be as **specific** as you can.

1. **How do I want my life to be?** Write below what you'd like in each area in 3 months:

- a. Personal life, home and family
- b. Career, work and professional life
- c. Health and well-being
- d. Finances
- e. Community, friendships
- f. Spiritual and learning
- g. Miscellaneous/not mentioned in other areas

2. What are the obstacles?

3. Who do you need to **BE** to achieve this? I need to be someone who is:

4. If there was one important **CHANGE** you could make over the next three months, what would it be?

5. My **THEME** for the next 3 months is: _____