



Tools for Better Living

Interactive guide to help establish a Personal Vision Statement

All people establish basic life principles that govern the way they live. We live our lives according to the various beliefs and ideas instilled in us as we age. Many times these beliefs subconsciously dictate our actions, and can indicate how we respond to events around us. In an organization, a mission statement generally revolves around what is expected from the organization's leaders and employees, and the vision statement revolves around the client's needs and opinions of the organization. For a person they basically mean the same thing, and if they are vital to keep a business on track and growing, then why not for us as individuals? We have designed this to help you establish a personal vision statement to help you continue to live a successful and meaningful life.

INSTRUCTIONS: Just answer the questions to the best of your ability. We have added various examples, which you can delete by hitting the backspace key.

DO NOT worry about grammar, spelling, order, or if it make sense to others. Remember this is YOUR Vision Statement.

DO NOT worry about how long it takes. This process can take a few hours or even a few days, so take your time.

DO NOT skip any steps even if they seem redundant, each question is important.

1. WHAT ARE THE THINGS YOU MOST ENJOY DOING? (Your Joy)

These are the things you do that make your feel complete. Just write down all the things that bring you the most pleasure and fulfillment. These could include exercise, spending time with your kids, gardening or artistic endeavors etc.

Type answers here

2. WHAT MAKES YOU MOTIVATED? (Your Inspiration)

What makes you motivated to keep going to work, school, or other weekly endeavors? It could be your paycheck, being with friends, finishing tasks, honing a skill, etc.

3. WHAT ARE YOUR VALUES? (Your Morals)

Make a list of your most important values, both for yourself and what you expect of others. These include moral statements, like being honest, taking responsibility for actions, forgiveness etc.

SUMMARIZE THE ANSWERS TO QUESTIONS 1-3 INTO A FEW SHORT SENTENCES?

If we live without doing the things that bring us joy, then we are just existing, and not really living. Secondly, if we do not hold true to our core values then hypocrisy and apathy will rule our lives. With this in mind, try to write as many sentences to fully summarize questions 1 -3. Don't worry if they go to long, because we will work on them later.

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EXAMPLE: I love to work with my hands, be creative, and travel for inspiration. To do these things, and make a living would be a dream come true. I also love watching people enjoy my art, and being around others interested in the same things. I believe that we are meant to serve a higher purpose, and that we need to forgive others, and help when they are overwhelmed. It seems that I am just going nowhere at my present job, because there is no real chance to advance, and I have little time to do my art.

4. WHAT ARE YOUR STRENGTHS AND WEAKNESSES? (Your Abilities)

When you make the list, make sure you write down what you ARE good at, and not what you WISH you were good at. Sometimes it helps to ask others their opinions and observations, because they see things we don't. Remember it's important to be honest and accurate, because it's better to build on our strengths, than obsess over our weakness.

Things I'm good at	Things I'm not so good at

5. WHAT ARE SOME BASIC MILESTONES OR GOALS THAT YOU HAVE. (Your Dreams)

Write down at least one major milestone or goal for each area. Make changes or additions to best suit the categories you desire.

Mental/Emotional Goals	
Relationship/Social Goals	
Occupational/ Financial Goals	
Spiritual/Life Goals	

6. WHAT HAPPENS WHEN IT'S ALL SAID AND DONE? (Your Eulogy)

This may be somewhat difficult, but try to imagine what people would say about you if you died this week, and write a few areas your friends may focus on. Now try to write down what you would like them to say.

What my friends would say	What I would like them to say

SUMMARIZE THE ANSWERS TO QUESTIONS 4-6 INTO A FEW SHORT SENTENCES

This may also be a little difficult due to the amount of responses above. Try to find commonalities in the goals you set, and how these match your strengths. As you write take into account your priorities, similarity in goals, and the areas closest to your heart.

FOR EXAMPLE

My strengths are being creative, spontaneous and being able to see beauty in ordinary things. My weaknesses are, I can't seem to relate to others, and I always isolate myself way too much. I want to learn to deal with my frustration, and stop ruining my art out of anger and frustration. My goal is to be able to focus on my paintings, save up enough money to open a gallery, and have others enjoy my artwork. I would also like to make some new friends. I think my priorities have been myself, and then my art, making money, health, and then friends. I think my friends would say that I am somewhat obsessive, but dedicated to painting and other artistic endeavors.

FINALIZE ALL THREE SUMMAIRES INTO A COHERENT VISION STATEMENT?

There are three steps to summarizing a large group of sentences into a smaller paragraph.

1. Find consistent key words that run throughout the sentences. For example the words - art, painting, travel, creative, job, money, others, friends & enjoy run consistently through the summaries above.
2. Identify the core issues, or main ideas running through the answers. For example the main themes seem to be - being able to make a living through creative art, bringing joy and inspiration to others, traveling for inspirational purposes, and the negative effects of being isolated and not interacting with others.
3. Write a few sentences in the forms of goals using the key words, and main themes. For example. My goal is to be able to quit my job, and make a living at being an artist especially through painting. I want my artwork to be seen and enjoyed by as many people as possible. I want to encourage others to pursue their dreams, and be able to help them along the way. I want to travel to inspirational places with others interested in art, and expand our horizons.

Possible Vision Statements:

1. Using my abilities as an artist to bring joy and fulfillment to others by providing access to works of unique art displayed in an inspirational setting.
2. Expanding others horizons by providing access to unique artwork, and exploring art from other countries.
3. Helping others find enjoyment by running a business that displays artwork and provides educational travel experiences.

MY VISION STATEMENT