

Exercise: Writing Your Personal Vision Statement

What are the ten things you most enjoy doing?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

What three things must you do every single day to feel fulfilled in your life?

- 1.
- 2.
- 3.

Values include things such as:

Advancement	Love	Responsibility
Beauty	Loyalty	Security
Cooperation	Knowledge	Sensitivity
Creativity	Life	Social
Dedication	Morality	Success
Faith	Openness	Trustworthiness
Freedom	Patience	Vitality
Health	Pleasure	Wealth
Helpfulness	Power	Wisdom
Honesty	Recognition	Work
Integrity	Professionalism	Worthwhile ness
Justice	Religion	

What are your five or six most important values?

1.

2.

3.

4.

5.

6.

Your life has a number of important facets or dimensions, all of which deserve some attention in your personal vision statement.

Write one important goal for each of the following:

Physical:

Spiritual:

Work or career:

Family:

Social relationships:

Financial security:

Mental improvement and attention:

Fun:

If you never had to work another day in your life, how would you spend your time instead of working?

When your life is ending, what will you regret not doing, seeing, or achieving?

**What strengths have other people commented on about you and your accomplishments?
What strengths do you see in yourself?**

What weaknesses have other people commented on about you? And what do you believe are your weaknesses?