



One-Year Vision

WORKSHEET

ONE-YEAR VISION

Print this sheet out and take a pen to paper! Give your screen a rest.

Take a few moments to imagine a vision of your life one year from now. Imagine it from a place of possibility, and create a picture of your life exactly how you would want it. The more detail the better. Where are you working? Where are you living? How is your health/wellbeing? Describe your family life, your lifestyle, and your personal development. Anything that is important to you and how you live. Write as if it is in present tense, using "I am" statements, avoiding "I will."

ONE-YEAR VISION

Why is your one-year vision important to you?

What has been holding you back from achieving it already?

What are the next steps you will consider taking to achieve your one-year vision?

Now take a few moments to imagine a vision of your life five years from now. How does your one-year vision support achieving your five year goals?

GREAT START! Ready to start doing something about your goals? Contact us to try coaching.
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