



Vision & Goals Worksheets

#goals

#dreamBIG

#yourlife

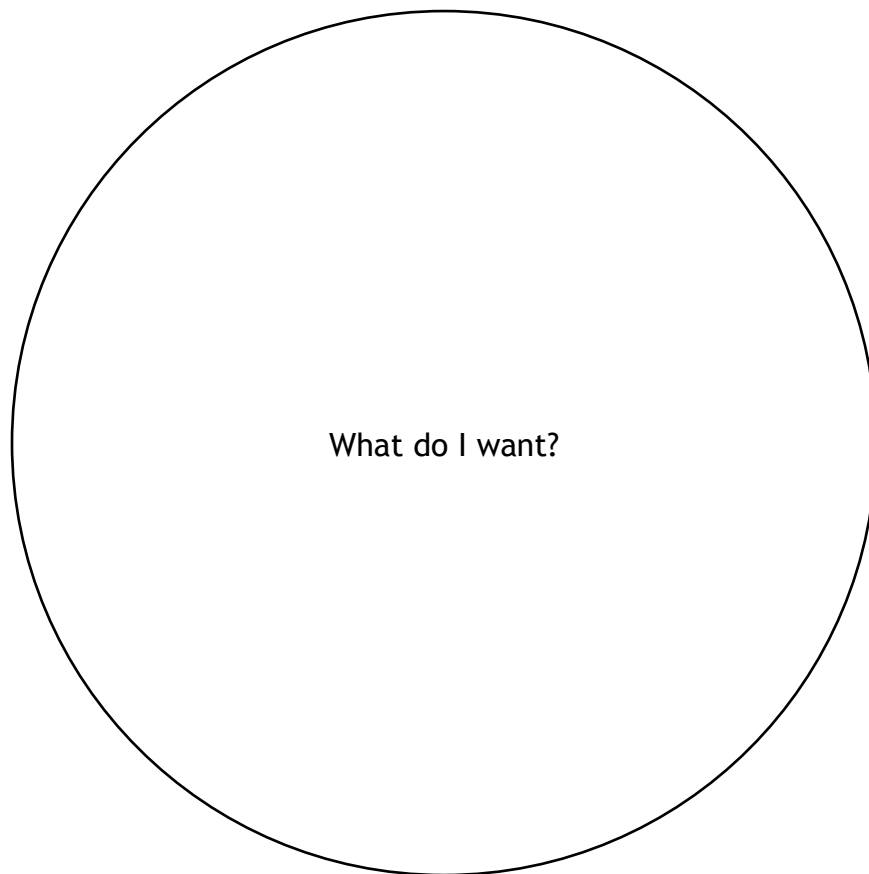
#anythingispossible

#justdoit

#impossibleisnothing

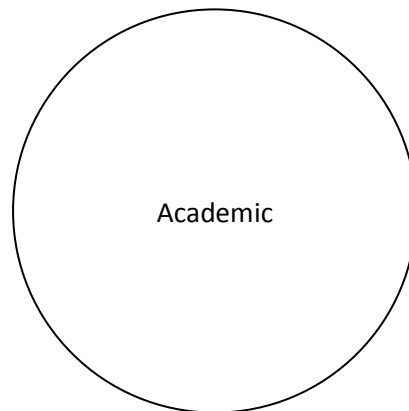
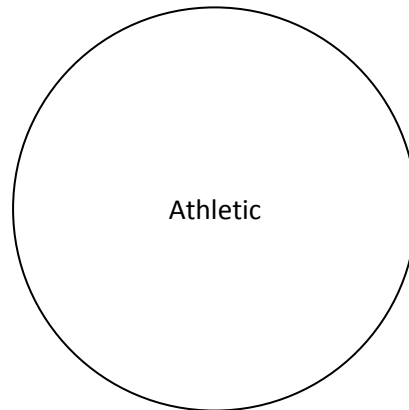
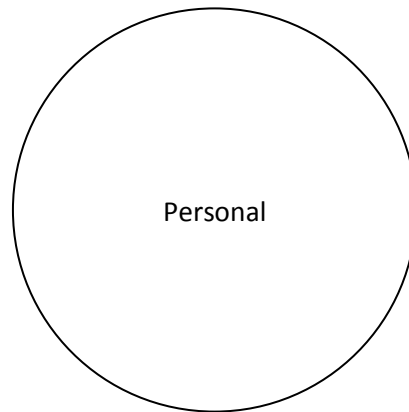
What Do You Want?

We can sometimes focus too much on what we don't want. The law of attraction states that you attract into your life whatever you think about; or quite simply, if you think about positive results you can bring about positive thoughts. Since the law of attraction causes us to attract the things that we are thinking about into our lives, it's important to know what we DO want! Use this simple exercise to get clear. Place what you do want in life inside the circle. Place what you don't want outside the circle. This will help get clear on what is important for you to have in your vision and goals.



Mind Map

This is a simple, yet powerful exercise. The categories personal, athletic and academic are usually defined differently for each person. What's important for someone else may not be as important for you. For your vision and goals to be authentic, define what they mean for you by writing stream of consciousness style. Write down whatever is on your mind: phrases, words or ideas in each respective bubble that describe what these categories mean to you. What does athletics mean to you and your life? Be specific!



Who I Am in 5 Years

Five years seems like a long ways away right now, but in reality, it will be here before you know it. Take a few minutes in silence and close your eyes: picture your ideal life in 5 years. Who is there? Where are you? What does it look like? What does it feel like? What gets you up in the morning and motivated to take on the world? What have you accomplished? What are you still working towards? You will be asked to write a vision for your life in 5 years at some point in this vision and goals exercise. Before you do that, answer the following questions to help you create your ideal vision. Remember, this is YOUR vision and YOUR life. You can change this at anytime, but what does your life look like to you in 5 years. Remember, ANYTHING is possible.

In 5 years I am _____ years old

In 5 years I feel _____

In 5 years I am _____

In 5 years I contribute by _____

In 5 years my achievements include _____

In 5 years I've experienced _____

In 5 years I love _____

In 5 years I'm surrounded by _____

In 5 years I'm a point of inspiration and influence for _____

In 5 years I'm helping to bring into the world _____

Your 5-Year Vision

Writing a vision authentic to you takes time and practice, so be generous and let go needing it to be perfect the first time. Try out different ways of writing your 5-year vision - just the facts, a story of your day 10 years in the future, a party where people are acknowledging you - there's no wrong way to write YOUR vision. You'll know that you're heading in the right direction when you are excited and nervous writing it. Don't forget to take a look at the work you completed already on the previous worksheets. These exercises connect you to who you want to be and what's important for you now and in the future. A few things to remember:

- Your vision is based on the idea that in 5 years, ANYTHING IS POSSIBLE
- Your vision supports you right now in making choices that lead you to your exciting future life
- Your vision can be changed by you at any time, it's yours
- Your vision is NOT what other people want for you. It is what you want for you!

Use the space below to write your first draft. *What does your life look like in 5 years?*

Goal Worksheet

Now it's time to pull some 5 year goals from that vision and trickle them back to your short term (1 year) goals. Choose your **MOST** important 5 year goal in any of the three categories from the mind map page (personal, athletic or academic). Plug it into this worksheet. Some things to remember:

- *Trickle back* -start with the end in mind. First set your 5 year goal, then 2-3 year and then your 1 year. This will help you figure out the steps to get to your long-term goal.
- Use *affirmative* language - state what you want, not what you don't want.
- Use *present* tense: I am, I have, I create.
- Make your goals *measurable* so that you can check them off (ex. I visit three countries by December of 2015)
- Have a deadline - decide *by when* your goal will be complete. This helps to get you in action!

