

Creating A Life Vision

A Step-by-Step Guide to Creating a Clear Vision
and Actionable Plan for the Life You Truly Desire



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Creating A Life Vision

Imagine that right now—in this moment—you are living the life of your dreams. As you move through these questions, ask yourself, *“If I could be anywhere, doing anything, where would I be, who would I be with, and what would I be doing?”*

The key thing to remember is that you’re envisioning. This is about letting *you* tell yourself what *you* truly want.

This is not about “should have” or “should not”. All your doing is allowing yourself to dream, to hope, to aspire. Enjoy the journey.

Your Home

What city, state, and country are you living in?

What type of home do you live in?

What style of furniture do you have?

How is your home decorated?

About You

Describe your appearance:

How are you dressed?

What is your attitude toward life?



What does the future look like?

How do you handle life's challenges?

How do you live life to the fullest?

How do you nurture yourself?

How do you feel about yourself?

What do you do in your free time?

What do you do for recreation?

What do you do to relax and recharge?

Your Relationships

What is your romantic relationship status?



Who else lives with you?

What are the important characteristics of your romantic relationships?

What are your friends like?

What type of people are they?

What is your family like?

What is your relationship like with them?

How do you interact with them?

How do you impact others in your life?

What is your social life like?



Your Career

What profession are you in?

How do you feel about your work?

How fulfilling is your work, and why?

What are your daily responsibilities and activities?



What is your boss like (even if it's you)?

What type of business atmosphere is in your office?

Who do you work with?

What do your business relationships look like?

What is your financial situation?

How much money do you earn?

How much do you have saved?

Your Personal Development

What do you do for your health?

How are you continuing your education?



How do you nourish your soul?

What is your relationship with spirituality?

Who is in your support system?

How do you cultivate personal growth?

What other areas are important to you, or have a major impact in your life?

Review & Assess

Which category did you feel the most drawn to? Which did you enjoy answering the most?

Listen to yourself. At what points do you feel the most response? The most resistance?

What aligns with your current life? What shifts away from it? What does this tell/mean to you?

Planning Ahead

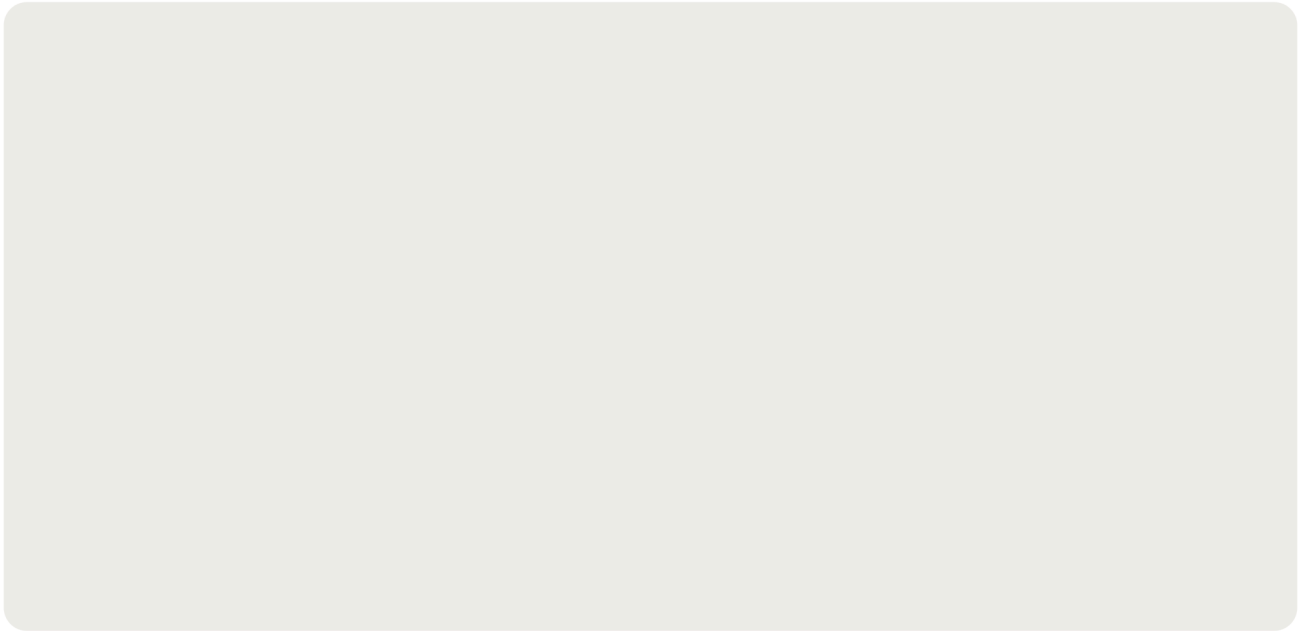
For each area listed above, what action plans can you create to make your vision a reality?

What will you do in the next 6 months to create your vision?

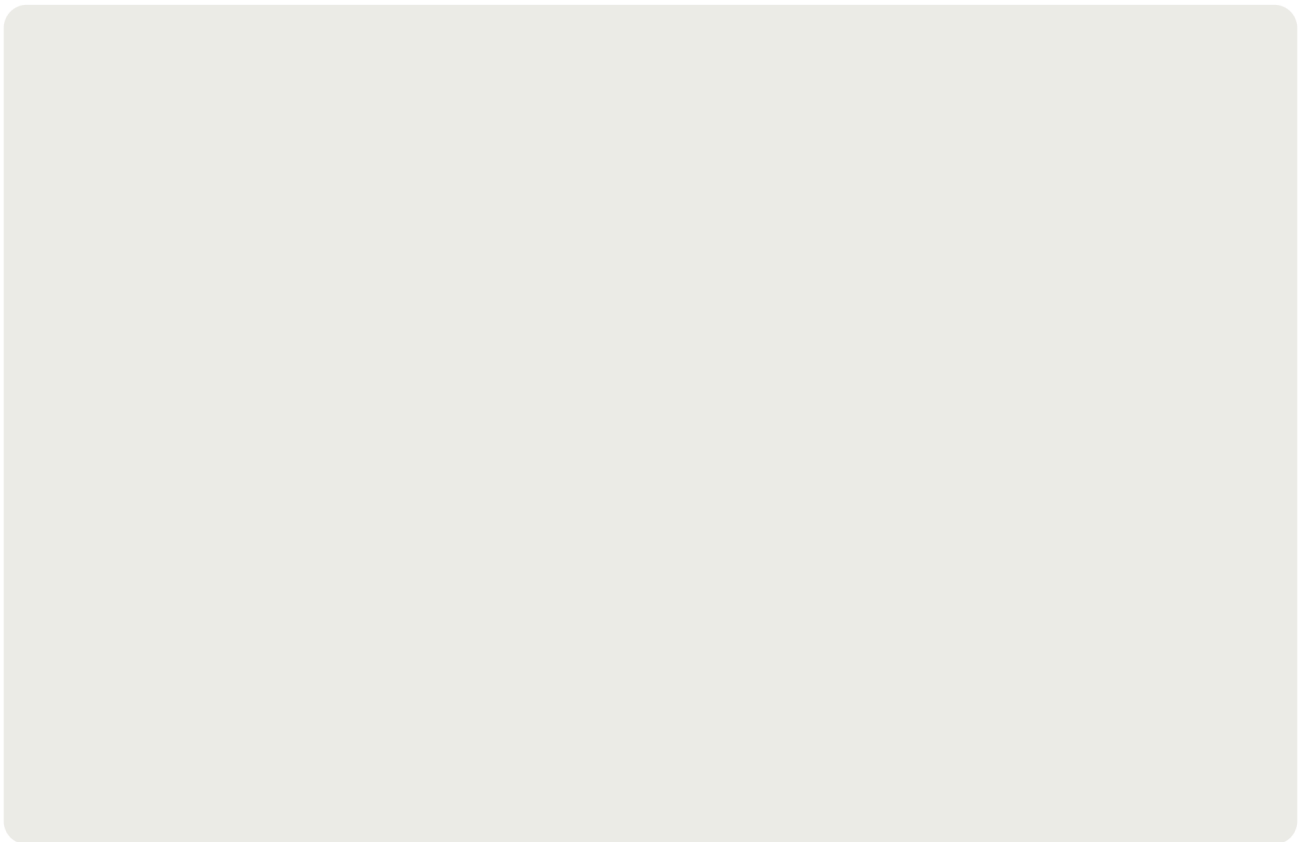
What will you do in the next year to create your vision?

What will you do in the next 3 years to create your vision?

What will you do in the next 5 years to create your vision?



How are you already living your vision?



Mission Statement

Describe the essence of your ideal life.