

## Vision & Goals Worksheet



Your vision will inform your goals, so we start with vision. Think about your life in 10 years. What would you dare to do if you knew you could not fail? What is your dream? Who is there? What do you do? Where do you spend your time? Describe what you see, hear, and feel in your ideal life. This is blue sky thinking, dream big, play big and don't let the inner critic get in your way!

### Hot Tip:

You can just write on this piece of paper OR you can get more creative: Put on some of your favourite music, get out some colouring pens, set a timer for 15 minutes and brainstorm 15-30 delightfully daring actions, big or small. No editing, no censoring: write them down.

1. **Stage one:** This isn't about being realistic or practical or even saying you'll do these things. You can edit later!! It's about giving yourself permission to dream, imagine, and laugh. (Sky-diving? Moving to Australia? Saying 'no' to something? Saying 'yes'? Auditioning for a play? Giving £1000 to charity? Ask for a promotion? Signing up to a triathlon?) The goal is to spark your imagination, expand your range, and have fun picturing yourself doing things that might make you gasp.
2. **Stage two:** Now that you've loosened up, set the timer for another 15 minutes and start to visualise your dream life: Your vision articulates your greatest ambitions and connects you to the place inside yourself that makes you feel alive. Remember to:
  - Set it 10 years from now
  - Connect too, and include your values
  - Notice if it feels a bit scary/exciting... this is a BIG dream, it couldn't be achieved tomorrow
  - Write as if you already have it, in the present tense
  - It is unique to you

**EXTRA CREDIT:** Use crayons, big sheets of paper, even print of images or photographs that inspire you.

My Vision:

## Ready, Set, Goals...

Your Goals are the part of the exercise, now you are clear on your vision it will be easier to connect to your goals. Remember our goals are the steps we take to reach our dreams. Goals can be set in a variety of areas and it is important that you balance your goals between all aspects of your life. For example, 8 goals all specific to your career are going to leave you the rest of your life out of whack.

Different areas are important to different people at different times in their life, there is no right way. Your goals are as unique as you. Below is a list of areas that you can set your goals from, pick the top 3-4 most important ones for you:

- Career
- Health
- Family
- Friends
- Money
- Personal Growth
- Significant Other
- Fun & Interests
- Environment (For example your home)
- Insert your own \_\_\_\_\_

Please follow a specific format when setting your goals as the language is very important.

1. **Start ten years from now and then filter back**, 10 years then 5 years and finally 1 year
2. **Be Specific** about the desired outcome
3. **Measurable** goals are a must. Make sure you can quantify your goals.
4. **Language** is imperative when you are creating your goals. Make sure you write in the present tense as if you already have achieved your goal. Equally as important is to state what you want, not what you don't want. Use affirming and positive language.
5. **Time-Bound** goals are another must, make sure you state when your goals will be achieved
6. **Imagine your goal as if you already have it.** This is maybe the most important point to follow, when you write your goals take 30 seconds to imagine you already have it. How do you feel? What is happening in your life? Bring it to life!

# My Goals:

## 10 Years

Example:

Area: Career and Environment

I own a beautiful sustainable 4 bedroomed home with a retreat centre that caters up to 20 people  
November 2026 It has log cabin style rooms in the retreat centre, a studio and a kitchen. The retreat centre  
is used by companies and people wanting to do good in the world. I feel incredibly proud and grounded.  
My life is full of amazing people who travel far and wide to use our amazing facilities. I am blessed.

Area: \_\_\_\_\_ By When

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Area: \_\_\_\_\_ By When

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Area: \_\_\_\_\_ By When

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## 5 Years

Area: \_\_\_\_\_ By When

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Area: \_\_\_\_\_ By When

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Area: \_\_\_\_\_ By When

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**1Year**

**By When**

Area: \_\_\_\_\_

By When

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Area: \_\_\_\_\_

By When

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Area: \_\_\_\_\_

By When

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