



Mother Jai's Wellness
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PERSONAL VISION STATEMENT

A description of what you want your life to be in the future. Detailed and inspirational description of where you want to end up, 10, 20, or even 50 years from now. With this detailed description, you are designing your ultimate destination. This statement gives you a focus point for your plan that will guide your decisions, actions, and behaviors. If you don't create your own plan, then the universe and others will do it for you.

Your vision statement will help you:

- Focus your energy
- Guide your actions
- Stay in optimistic mind set
- Set goals
- Make decisions

Keys to an effective statement: specific characteristics

- Written down
- Clear and concise
- 3-5 sentences long
- Vivid and descriptive
- Inspirational
- Stated in present tense
- Unique description for you
- Realistic
- About important aspects of your life

Crafting Your Vision Statement: find a quiet place to reflect on who you are and what you want to achieve.

Steps to explore your vision:

1. Exploring your interests by reflecting on what you enjoy and makes you happy.
2. Exploring and reflecting on your hopes and dreams, what you want to achieve.
3. Exploring your career interests, values, and skills.
4. Exploring your Life Dimension Goals, writing down what you want to achieve in every facet.

Writing your vision statement:

1. Close your eyes and picture yourself in the future; 10, 20, or even 50 years from now.
2. Visualize who you are, what you're doing, and what you've accomplished.
3. From your visualization write down, in detail, what you saw.

Write your first draft:

Review your draft and note your impressions and revisions.
