

SMILE ACROSS THE FINISH COACHING

See it. Believe it. Be it.

Executive, Career & Personal Development Coaching



DESIGN YOUR FUTURE LIFE VISION EXERCISE

This exercise provides the opportunity for you to put yourself in the driver's seat of your future, assess how your dreams may influence the short and long term, and act on both to make and achieve realistic plans. Allowing time to reflect and consider your intentions towards your future, will enable you to strategize and prioritize personal and professional decisions. The act of writing out your vision for the future will empower you to convert your thoughts and ideas into a plan of action. Fill out the following templates for the current year and the next 5, 10, 15+ years by answering the questions below in the spaces provided (or compose in a separate document).

What is your life like right now?

Who are your friends? What do they do for a living?

What is your relationship with your family?

Are you married? Single? Do you have children?

Where are you living? What does it look like?

What are your hobbies and interests?

What do you do for exercise?

How is your health?

How do you take care of your spiritual needs?

What kind of work are you doing? What is your role?

What kind of people do you work with?

What is the atmosphere at work like (relaxed or frantic; creative; inventive; innovative; structured; routine; quiet, etc.)?

CURRENT YEAR _____ **AGE** _____
(Answer Above Questions)

CURRENT YEAR (+5) _____ **AGE** _____
(Answer Above Questions)

CURRENT YEAR (+10) _____ **AGE** _____
(Answer above questions)

CURRENT YEAR (+15) _____ **AGE** _____
(Answer above question)

CURRENT YEAR (+20)_____ **AGE**_____

(Answer above questions)

Distill Your Thoughts -

Reflect on your answers and describe the holistic picture of your ideal life:
