LIFE VISION DEVELOPMENT

ACCOMPLISHMENT EXERCISE

Imagine that you have achieved the results in your life that you deeply desire. Use the present tense to describe the accomplishments you envision for each of these areas.

Tangibles: What are your material possessions?

Home: Describe your living environment.

Health: What is your physical and mental condition?

Relationships: Describe your primary relationships.

Occupation: What is your job or career?

Community: Describe the community in which you operate.

Self-Image: What personal qualities have you developed?

VISION PREPARATION

RELAX! Clear away the concerns and thoughts from the day. Find an area that is comfortable, secure and uninterrupted.

Complete each question. Use additional paper if necessary. The responses on this questionnaire are for your use only, yet may be shared with others if you wish.

1. What do I consider to be my most important accomplishments in life?

2. As a child, what accomplishments did I dream about?

3. If given the opportunity, how would I have lived differently?

4. What difference do I make on this planet?

5. If I knew I could not fail, what ultimate purpose would I fulfill?

6. Independent of how I am perceived by others, what interests me?

7. What am I passionate about?

8. What do you experience as beautiful in life?

9. Who are you when you are your best self?

10. What do you believe is your unique genius?

11. If I knew I had but one year left to live, what would I do with it?

12. After having lived a full life, what legacy do you want to be known for?