

PERSONAL vision assessment

Think forward a year from now (or two or three — set your own timeline). Imagine that you have become the person that you desire to be. Forget the constraints of today and focus on the future. Write down, picture or verbalize your answers to the following questions:

WHAT are you doing?

WHERE are you?

WHAT are you feeling?

WHAT are you thinking?

IN what ways does your behavior differ from now?

HOW are you benefiting personally?

WHAT are other people doing around you?

WHAT are other people feeling about you?

WHAT differences are you observing in others as a result of your actions and behaviors?

WHAT defining moment(s) make you realize you are getting there?

WHAT is the most rewarding aspect of the changes you have made?

HOW does your success leave you feeling?

Once you have created your personal vision—what you want to be and to see—the next step is to define the key actions and timelines that will help you achieve your vision.

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