

## PERSONAL ONE-YEAR VISION WORKSHEET

In this worksheet, you will complete three stages of writing: Part I *Brainstorming*, Part II *Long Version Vision Statement* & Part III *Concise Version Vision Statement*.

Reflect on these questions and write your reflections in the space provided. We recommend that you block 30 minutes for Part I, another 30 minutes for Part II, and a final time block of at least 30 minutes to reflect on Part III.

This worksheet is meant to be a guide. We encourage you to work according to your preferred timing and employ any creative techniques that would be helpful.

For further clarification or inspiration on the deep significance of *vision* as it relates to leadership, refer to your Stagen Meaning Module.

### PART I: BRAINSTORMING

- Ideally, what do you envision for yourself and your life looking one year out?
- What key elements represent the greatest accomplishments to you in the next year?
- Since this is your personal vision you should mainly emphasize personal aspects of your life such as family, lifestyle, personal growth, and so on. What are the most exciting and important personal goals or accomplishments for you to achieve as you look out one year?
- Assuming you accomplish every one of your one-year goals, what will that look like?

**PART II: FIRST DRAFT OF VISION STATEMENT (LONGER VERSION)**

Now begin to edit and refine your above one-year personal goals into a well-crafted vision statement. Rather than a list of goals, a vision statement is a descriptive paragraph that engages your imagination about your ideal future. It should highlight certain key themes that the specific goals fall into. It may be helpful to consider all of your senses, touch, taste, feel, sight, sound and feeling.

Assuming you accomplish every important personal goal for the next year, what will that look like? Ideally, how do you envision yourself and your personal life ideally in one year?

**PART III: SECOND DRAFT OF ONE-YEAR PERSONAL VISION STATEMENT (CONCISE VERSION)**

Finally, revise your vision statement once more to make it even more concise. Many of the best vision statements have only three to five sentences (short paragraph) yet contain the essence of the vision conveyed in the long-form vision descriptions.