

5-Year Vision Exercise

Creating a 5-year vision is more than just creating a plan for what you want your life to be like; it's about envisioning your DREAM LIFE 5 years from now. No dream is too small. Think of this as a pre-goal exercise intended to bring you inspiration so that each day between now and 5 years in the future, you can refer back to your vision to be inspired by your future life.

The Vision

What is the most amazing situation my life could be in? What would truly bring me joy and passion and make me feel like I was living out my ultimate dream?

What?

What am I doing?

Who?

Who am I doing it with?

Where?

Where am I in this scenario?

Vision Details

The more details you have in your vision, the easier it will be to visualize the outcome on a daily basis. Here are some specific areas to consider including in your vision so that it is as detailed as possible:

Finances:

What do you do? How much do you want to earn?



Relationships:

Who are your relationships and friendships? How many are there? What are they like and what do you do?



Fitness/Health:

What do you look like in the mirror? What do you do to stay fit/healthy? What do you eat? How do you feel?



Happiness:

What brings you joy? What do you enjoy doing every day?



Fun.

What do you do for fun?

Identifying Obstacles

Similar to our SMART Goals worksheet exercise that helps identify obstacles and resources, it's important to identify them with each of these areas in your vision.

What obstacles do you face in each of these categories and what are ways you can overcome them?

What resources or skills do you need for each of these categories and how can you attain them?

Example:

Obstacle: I don't currently make enough money. What can I do to make more?

Resources: What resources or skills do I need to acquire to make more money? Taking a course, sales skills, etc.

Finances:

Obstacle:

Resources:

Relationships:

Obstacle:

Resources:

Fitness/Health:

Obstacle:

Resources:

Happiness:

Obstacle:

Resources:

Fun.

Obstacle:

Resources:

Create Your Vision

Here's where you can take your answers from the previous worksheets to create your 5-Year Vision. Write a few paragraphs of detailed information about your visualized outcome. Incorporate all of the senses and how you feel.

Refer back to your vision when setting new goals, periodically to check in and stay on track, and use whenever you need some motivation to keep pushing through your day.

My 5-Year Vision: