

Vision for a Thriving Life “Cheatsheet”

This document is a bit of a cheat-sheet of some of the important things to think about when it comes to creating a personal vision for a thriving life. You can use it alongside your worksheet and the video.

What is a Vision?

A brief, aspirational statement that describes your desired future state.

Your personal vision statement typically includes specific details about the kind of person you want to become, the things you want to accomplish, and the impact you want to have on the world around you

It often includes:

- The 3 to 5 parts of your life that are most important for you
- What end state you want to achieve in each of them
- The things you want to accomplish
- How you are living your life

Components of a Good Vision

Aspirational Statement

Your personal vision is forward-looking and aspirational. It reflects your aspirations, values, and the person you aim to become in the future.

Desired Future State

It outlines the future state you envision for yourself. This could include various aspects of your life, such as personal growth, relationships, career, and contributions to society.

Important Parts of Your Life

It identifies and prioritizes the three to five parts of your life that are most important to you. This could be family, career, personal development, health, relationships, or any other areas that hold significance for you.

End State for Each Part

For each important part of your life, your personal vision statement describes the end state you want to achieve. This gives a clear picture of what success looks like in those areas.

Things to Accomplish

Your personal vision statement includes the things you want to accomplish. These could be specific goals, achievements, or milestones that contribute to your overall vision.

How You Are Living Your Life:

It goes beyond just the outcomes and describes how you are living your life to align with your vision. This could include values, principles, and the daily habits or behaviors that support your journey toward your desired future state.