



Personal vision:

Your personal statement for a vision leads your life and gives the direction needed to dictate the course of your days and the choices you make for your career.

Your personal vision is how you commit to living your life. It influences all areas including family, spirituality, physical well-being, leisure, and work. A clear personal vision is an integration of your abilities, interests, personality, values, goals, skills/experience, family of origin, and stage of adult development. That's huge!

If you have a personal vision, you will:

- have a guide for decisions,
- become meaning-driven and inner-directed,
- think in the long-term, and
- maintain balance in your life.

With a personal vision, you will be able to work within something we call the balance cycle rather than in a stress cycle. In the balance cycle, you will be more satisfied, more productive, and experience more meaning and enjoyment. In comparison, without a personal vision, you could end up in the stress cycle where you experience more burnout and often feel as though your efforts are wasted and lack meaning.



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Prepare to prepare your vision statement:

The preparation for a vision statement includes a lot of thinking, introspection and brainstorming. It might be needed more time to formulate all your thoughts cohesively. To start, ask yourself some leading questions. Be honest. Your answers can help you clearly to illustrate your vision.

Questions to ponder on:

What are the 10 things you enjoy the most? These are 10 things that must be present in your weeks or months and years too, and they complete your time.

Which 3 things are ones you do daily to feel good and fulfilled in your working?

What are your 5 to 6 most important values?

Write down one important goal for each of the following aspects of your life; physical, spiritual, work or career, family, social relations, financial security, mental improvement and attention and fun.



If you never worked another day in your life, how would you spend it instead of working?

When life is nearly over, what will you regret not done or doing, seen, achieved...etc?

What strengths do others notice about you and your achievements? What strong traits do you notice in yourself?

Which weaknesses do others comment about yourself and what do you believe are your weaknesses?

You can explore additional attentive questions that can also enable a chance for introspection.

Developing of your vision statement:

Once you envision the prepared answers to these questions and others you have defined as significant, you are ready to prepare a personal vision statement. Write it in first person and give statements for the future you hope to achieve.

Write the statements as you are already following them in life. Some experts recommend 50 words or less, but forget about numbers and words, and articulate the visions you want for your life and future.

The more detailed the image, the better you will see within.

According to the motivational speaker and writer Brian Tracy, you generally fulfill your written goals, dreams, plans and visions. Writing it down gives them strength and dedication for their execution.

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